



RELIEF  
PoW Aiden  
Aslin, 28

Brits freed  
from Putin  
prison hell  
SEE PAGES 6&7

**MIRROR CAMPAIGN**

Free school  
dinners for  
every child



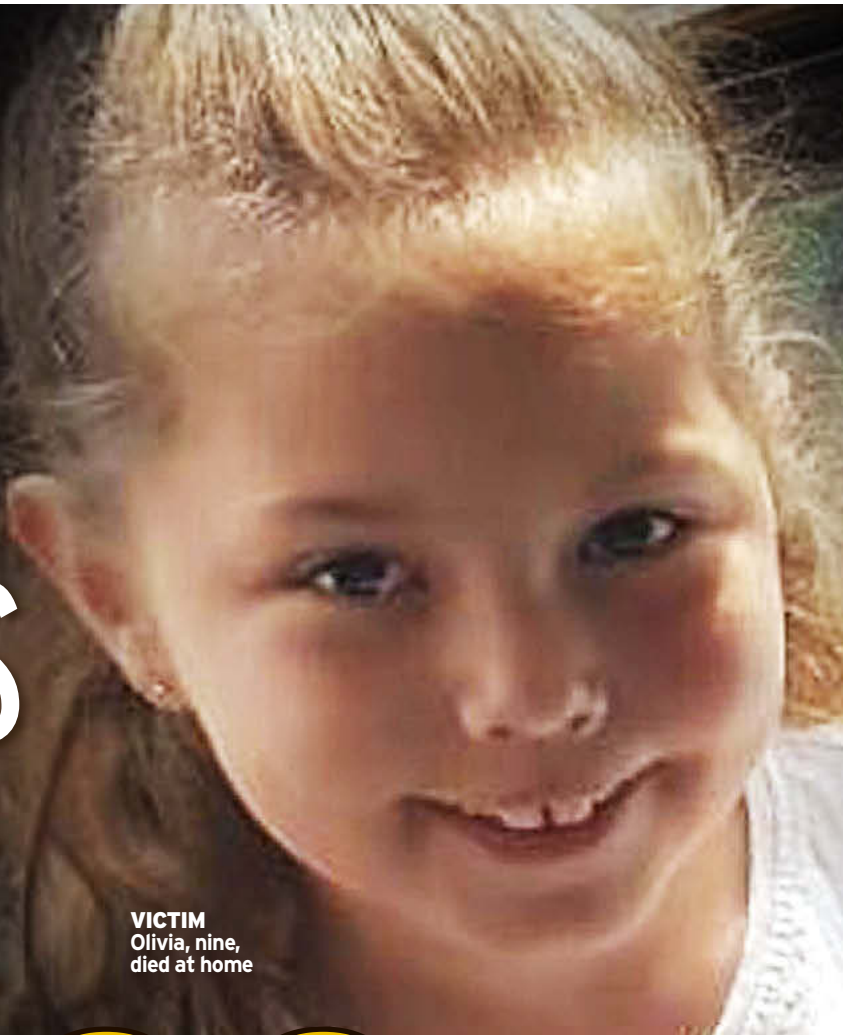
**LITTLE LUNCHES**  
Year One kids  
tuck into a  
hearty meal



**MURDER PROBE REWARD**

If you can't find it  
in your heart to  
help catch Olivia's  
killer... how about

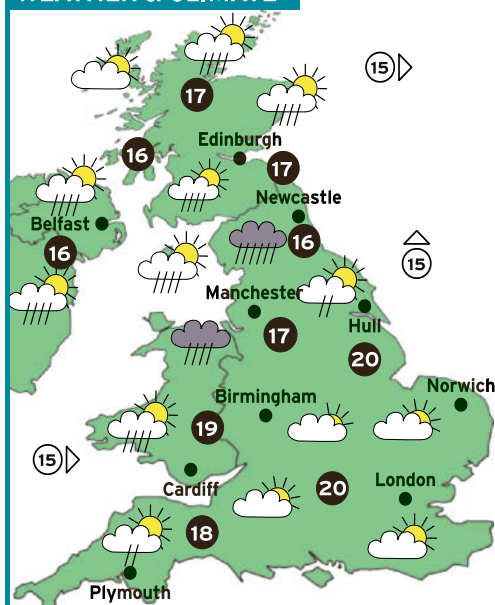
**£200,000**



VICTIM  
Olivia, nine,  
died at home

BY **STEPHEN WHITE**  
**A RECORD £200,000**  
reward has been offered to  
help catch the killer of  
little Olivia Pratt-Korbel.  
And a police chief told of  
his "disgust" at the sick wall of  
silence in Liverpool's gangs  
which is protecting the thug.  
Mark Kameen said: "This  
man is utterly toxic." Two  
guns used on the night Olivia  
died have been identified.  
**FULL STORY: PAGE 5**

## WEATHER &amp; CLIMATE



## TODAY Largely dry with lengthy spells of sunshine

It will be a dry and bright start to the day with just a few clouds around. Lengthy sunny spells during the morning. Cloud will build up during the afternoon, though it will stay largely dry. A gentle south-westerly breeze.

## BIGGER PICTURE

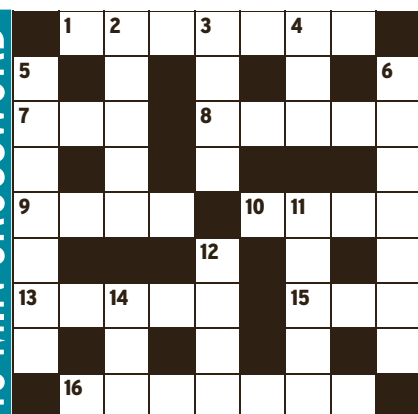
Today's historical average high: 17.1C  
September 2022 average high so far: 20C  
September historical average high: 17.6C  
All averages based on CET Mean Max Temp. Historical info from 1961-1990 (Source: Met Office)  
**CLIMATE FACT:** Hundreds of whales have become stranded on Tasmania's west coast, near the town of Strahan, just a day after a separate mass stranding event on King Island.

MONEY TIP OF THE DAY **Mirror Cost of Living: We're Here to Help**

Experts warn that turning your boiler off to save money might seem sensible but it can actually cost you more.

If you have an old, uneconomical boiler then switching it off during the summer makes sense. But if you have a modern boiler, turning it off in the hotter months is completely unnecessary, Boiler Central said.

## 10 MIN CROSSWORD



## ACROSS

- 1 Allots (7)  
7 Light brown (3)  
8 Henrik \_\_, Norwegian dramatist (5)  
9 Lees (anag.) (4)  
10 Monster (4)  
13 Jack (5)  
15 Loo (3)  
16 Well (7)

## DOWN

- 2 Despatches (5)  
3 Egyptian goddess (4)  
4 National Health Service (1,1,1)  
5 Runs (7)  
6 Rattle (7)  
11 Australian bird (5)  
12 Enthusiasm (4)  
14 Diamonds \_\_ Forever, 1971 James Bond film (3)

## WEDNESDAY'S SOLUTIONS

**Across:** 2 Truism, 5 Solo, 6 Umlaut, 7 Zinc, 8 Hot, 11 Alas, 13 Recoup, 14 Idol, 15 Brewer. **Down:** 1 Toni, 2 Touch, 3 Ivan, 4 Motors, 7 Zagreb, 9 Tapir, 10 Acme, 12 Amos.

## THE LOTTERY

**LAST NIGHT'S LOTTO:** 6, 13, 28, 34, 37, 45  
**Bonus:** 24. Estimated £5.2m jackpot.

**THUNDERBALL:** 17, 18, 19, 37, 39  
**Thunderball:** 2. XX £500k winner.

**HEALTH LOTTERY:** 6, 7, 8, 13, 23 **Bonus:** 11

**TUESDAY EUROMILLIONS:** 11, 21, 23, 32, 48  
**Lucky Stars:** 3 and 12. It's a £169m rollover.

**MONDAY'S SET FOR LIFE:** 9, 25, 34, 37, 47  
**Life Ball:** 2. No top prize winner.

# Skint shoppers check out with £400m less

## Families struggle with rising prices

BY **GRAHAM HISCOTT**  
Head of Business

**HOUSEHOLDS** slashed their spending in supermarkets last month by £400million as many struggled to make ends meet.

Shoppers were also focusing on buying little but more often to help manage rocketing food bills, claims data specialists NielsenIQ.

These figures come on top of numbers from the Office for National Statistics that revealed food price inflation had jumped to more than 13%, the sharpest increase since 2008.

Key items such as cooking oil, milk and butter are rising even faster.

Cutbacks meant the amount paid in supermarkets fell to £12.1billion in the four weeks to September 10. NielsenIQ also revealed budget chain Lidl was the fastest growing supermarket in the past 12 weeks.

A separate report last week said rival discounter Aldi had overtaken Morrisons to become the UK's fourth biggest supermarket.

Mike Watkins, from NielsenIQ, said: "Some 57% of consumers are saying they have been severely or moderately affected by the cost-of-living crisis – and in three months this is anticipated to rise to 76%.



**Mirror Cost of Living: We're Here to Help**

With inflation expected to remain close to current levels for the rest of the year, this will encourage households to shop around for savings."

Online grocery sales have fallen by 7% in the past year as people do more

of their shopping in store. Further research shows half of adults are struggling with minimum monthly payments on credit cards. That poll also found 57% reported using credit to make ends meet over the last year.

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## Kwarteng's budget blow

BY **GRAHAM HISCOTT** Head of Business and **LIZZY BUCHAN**

CHANCELLOR Kwasi Kwarteng was dealt a blow ahead of his mini-Budget tomorrow as figures revealed interest on the Government's debt hit a record high last month.

Soaring inflation meant the Government shelled out £8.2billion in interest payments. That was the highest August figure since monthly records began in April 1997.

The Office for National Statistics also confirmed that Government borrowing hit

a higher-than-expected £11.8billion in August. Mr Kwarteng said: "I have pledged to get debt down in the medium term."

"However, in the face of a major economic shock, it is absolutely right that the Government takes action now to help families and businesses."

Amid such high inflation, the Bank of England is expected to raise interest rates to 2.5% today. The 0.75% rise would be the biggest in 30 years. The mini-Budget is also expected to include a cut to stamp duty.



**SPEECH** Kwasi Kwarteng



**LIMIT** On utility prices

## 'Energy bill cap won't be enough'

**EXCLUSIVE** BY **BEN GLAZE**  
Deputy Political Editor

THE Chancellor is under pressure to announce more help for the poorest families in his emergency mini-Budget tomorrow.

Kwasi Kwarteng is expected to outline details of the £2,500 household energy bill cap. But anti-poverty campaigners want him to go further. Foodbank network, the Trussell Trust, has urged him to restore the £20-a-week Universal Credit hike.

Chief executive Emma Revie told the Mirror: "If we are seeing a 30% increase in those who can't afford food then social security is not covering [the] essentials."

## Foodbanks fight back

THE Trussell Trust has hit back at criticism over closing its doors for the Queen's funeral.

Some outlets stayed shut on Monday, triggering a backlash.

But chief Emma Revie said: "I totally recognise that many people are very passionate about the issue of foodbank need, but expressing anger towards foodbanks that are run by small teams of staff and volunteers... just feels misdirected."

Join us **LIVE** as we explain what to expect in the mini-Budget and how it could affect you – at 1pm today on the Daily Mirror Facebook page. Email us at [money.saving@mirror.co.uk](mailto:money.saving@mirror.co.uk) with your questions, and comment during the Facebook Live broadcast.

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**PAC IT IN**  
Alpaca's  
twig looks  
like a cig



**MERGER**  
Cats bump  
heads as  
they meet



**FANGS A**  
**LOT** Collie  
bares teeth  
as it plays



**ME-WOW** Shocked cat



**BIG GRIN** Happy horse



# Will someone help meowt!

THIS kitten's owners were shocked when they came home to find him stuck high in their garden hedge.

The resulting snap of ginger kitty Jack became an entry into the Comedy Pet Photo of the Year awards.

Entries also included an alpaca "smoking" a twig, a crazy collie, a surprised cat and a horse with a silly grin.

Kenichi Morinaga of Japan took the winning snap of cats butting heads. He won £2,000 and £5,000 for a charity and said of cats: "They really cheer me up."



**BIG LOAFS** Matt, Prue & Paul's hot baps

# Prue: You are awful

**EXCLUSIVE BY TOM BRYANT**  
Head of Showbiz

**PRUE** Leith feels like she is sharing the Bake Off tent with a bunch of Dick Emerys.

There are no end of innuendos to sink your teeth into, whether it's something tasty on the side, dishes rising and falling or tarts with dreaded soggy bottoms.

The naughty humour has hosts Matt Lucas, Noel Fielding and judge Paul Hollywood in peals of laughter.

## Saucy & childish Bake Off jokes not to judge's taste

But the saucy remarks are not to Prue Leith's taste – and they often fly over her head.

Much like Emery's character Mandy from his 70s TV show, Prue, 82, thinks the trio ARE awful... but

she likes them. Judge Prue said: "I don't get the joke. Paul and Matt go into gales of laughter, they are so childish."

"You only have to mention 'sausage' and they laugh. That is their idea of



**INNUENDOS**  
Dick Emery

humour." But Prue, speaking at a theatre show in Bath, said: "How can anyone resist Bake Off? It is the best job on TV. I walk on, eat cake and say what I think, walk off and get paid."

She said standards are so high it was rare to eat bad bakes. On Tuesday student Maisam was the second contestant to leave.

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ARRANGEMENT Stylist Kelly

## Royal staff left fearing job losses

EXCLUSIVE BY LUCY THORNTON

THE Queen's team of female dressers, the man responsible for stoking Her Majesty's fires and a gardener are among royal workers whose jobs are under threat.

Around 20 staff were written to by Sir Michael Stevens, Keeper of the Privy Purse, before Monday's state funeral, leaving them fearful for their jobs. They had meetings yesterday with their union.

The letter said consultations will be held and they will be supported.

It added: "It is anticipated only a very small minority of employees (fewer than 20) who provided personal services to Her Majesty will see their posts affected."

But Mark Serwotka, boss of the Public and Commercial Services Union, said: "Our members are disappointed. They worked for the Queen for years and feel let down by the decision to let them go."

But Angela Kelly, 64, the Queen's stylist and hairdresser, can reportedly use her grace-and-favour home until her death.

It was disclosed last week up to 100 employees at the King's former official residence, Clarence House, could lose their jobs.

## Wills: Gran was a green

PRINCE William has told how the Queen was passionate about saving the environment.

Just days after saying farewell to his gran, he sent a video speech to the Earthshot Prize Innovation Summit in New York.

The Prince of Wales apologised for not being there because of the "saddest of circumstances".

But he added: "Protecting the environment was a cause close to my grandmother's heart and I know she would have been delighted to hear about this event and the support you are all giving our Earthshot finalists."

## Marmalade for Ma'am

SALES of marmalade have rocketed by 40% in the run-up to the Queen's funeral, according to supermarket chain Iceland.

Her Late Majesty won a new generation of admirers after her Platinum Jubilee tea sketch with Paddington Bear in which she said she kept a marmalade sandwich in her handbag "just for later".

BY LUCY THORNTON

THE pallbearers who carried the Queen's 500lb lead-lined coffin include a dog lover, a keen bodybuilder and a surf-mad soldier.

The men have been praised for their "nerves of steel" on Monday as they carried the Queen to her final resting place while being watched by billions around the globe.

At least five of the 1st Battalion Grenadier Guards were flown back from operational service in Iraq.

The Ministry of Defence will not confirm their identities but they have been named online by their family and friends.

Company Sergeant Major Dean

# Heroic pallbearers who bore our grief

Jones, of Long Eaton, Derbys, who is an instructor at the Royal Military Academy Sandhurst, led the group.

One of the youngest was Guardsman Fletcher Cox, 19, of Jersey, who finished "top of his class" as a cadet aged just 15.

He won £1,000 in a Rotary Club contest after giving a speech where he said his sole ambition was to parade for the Queen. Guardsman James

Patterson, a bodybuilder from Bury St Edmunds, Suffolk, was opposite him.

Guardsman David Sanderson, 19, of Morpeth, Northumberland, joined the Army following in his late grandfather John's footsteps, and left his parents filled with "indescribable pride".

Lance Sergeant Jake Orlowski was in front of Fletcher.

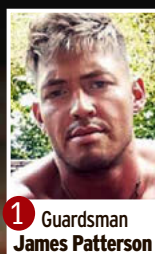
The dog lover, from London, was a star of the London Guards before

being transferred to the Grenadier Guards. Lance Corporal Tony Flynn, in his early 20s from Maidstone in Kent, married his sweetheart Hayley in July and they live in Aldershot, Hants.

Across from him was keen surfer Guardsman Luke Simpson, of Selston, Notts, who was praised by his former teachers at Ashfield School.

Lance Sergeants Ryan Griffiths and Alex Turner, also played their impeccable parts, with Second Lieutenant Freddie Hobbs, 24, of West Sussex, issuing commands from the rear of the group.

Military leaders, politicians and celebrities have backed calls for the Queen's pallbearers to receive medals.



1 Guardsman James Patterson

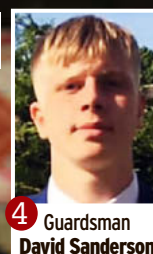


2 Lance Sergeant Ryan Griffiths



3 Guardsman Luke Simpson

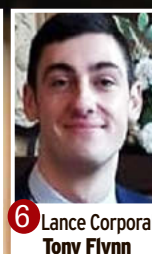
Company Sergeant Major Dean Jones



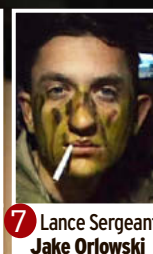
4 Guardsman David Sanderson



5 Lance Sergeant Alex Turner



6 Lance Corporal Tony Flynn



7 Lance Sergeant Jake Orlowski



8 Guardsman Fletcher Cox



# Charles to Gaul

BY LUCY THORNTON

THE King's first overseas trip could be a visit to France because of his long friendship with President Emmanuel Macron.

Plans are reportedly being finalised for him and the Queen Consort Camilla, to make the meeting his first state visit within weeks.

It is believed the King has bonded with the French leader over environmental issues.

The Foreign Office will have the final say on the visit but it is understood officials are keen to use the monarch to build bridges with our European neighbours post-Brexit.

Mr Macron and his wife Brigitte were at the Queen's funeral at Westminster Abbey on Monday, where they sat two rows behind US President Joe Biden. He confirmed he had issued an invitation to the King for a state visit.

Mr Macron added: "I had the opportunity to invite King Charles to come to France when it is appropriate for him."

After the Queen's death, he delivered one of the

## King's first foreign trip may be to see Macron in France

most touching tributes from any world leader.

He said the French felt "an emptiness" over her death, adding: "To you, she was your Queen. To us, she was The Queen."

"The ties between France and the United Kingdom are unbreakable."

"We will continue to strengthen them, following the path laid by Her Majesty Queen Elizabeth II."

It is thought the King's visit to France

would also help draw attention to a major tree-planting scheme in Africa, called The Great Green Wall project, designed to fight climate change. It is backed by the royal and Mr Macron.

Intended to replace forests lost across the world, it is expected to be the largest living structure on the planet, three times the size of the Great Barrier Reef. Last year, the then Prince of Wales shared a platform with Mr Macron at the COP26 climate summit in Glasgow.

The King's France visit could launch a tour that may include Berlin. Germany was one of the last countries visited by the late Queen and Prince Philip. The first Commonwealth countries to receive a state visit are expected to be Australia and New Zealand in the spring.

The King is also understood to want to use domestic royal visits to promote diversity.

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TEXTS Cobban and Borders

## Met cop pair found guilty on vile texts

BY TOM PETTIFOR  
Crime Editor

POLICE colleagues of Wayne Couzens who joked about raping a colleague and tasing disabled people have been found guilty of sending grossly offensive messages.

PC Jonathon Cobban, 35, and ex-PC Joel Borders, 45, were told they may face jail but PC William Neville, 33, was cleared by City of London magistrates.

All three worked with ex-Met PC Couzens, jailed for life for the murder of Sarah Everard, 33, last year.

The pair shared "banter" about tasing kids in 2019, and called Hounslow a "Somali sh\*\*hole".

Borders joked about raping and beating a "sneaky bitch" colleague.

District Judge Sarah Turnock called their jokes "sickening" and they will be sentenced in November.



SCENE Police at school

## Teenage boy fights for life after attack

BY JASMINE NORDEN  
and ALAHNA KINDRED

A TEENAGE boy is fighting for his life after he was reportedly stabbed outside the school gates yesterday.

One parent said his son, 14, saw a boy being "pinned to the floor and stabbed repeatedly".

West Yorkshire Police confirmed the victim, 15, was seriously injured after the attack at North Huddersfield Trust School in the Fartown area.

He was in critical condition in hospital last night.

Another dad at the school said: "My daughter just started there and was getting on the bus home.

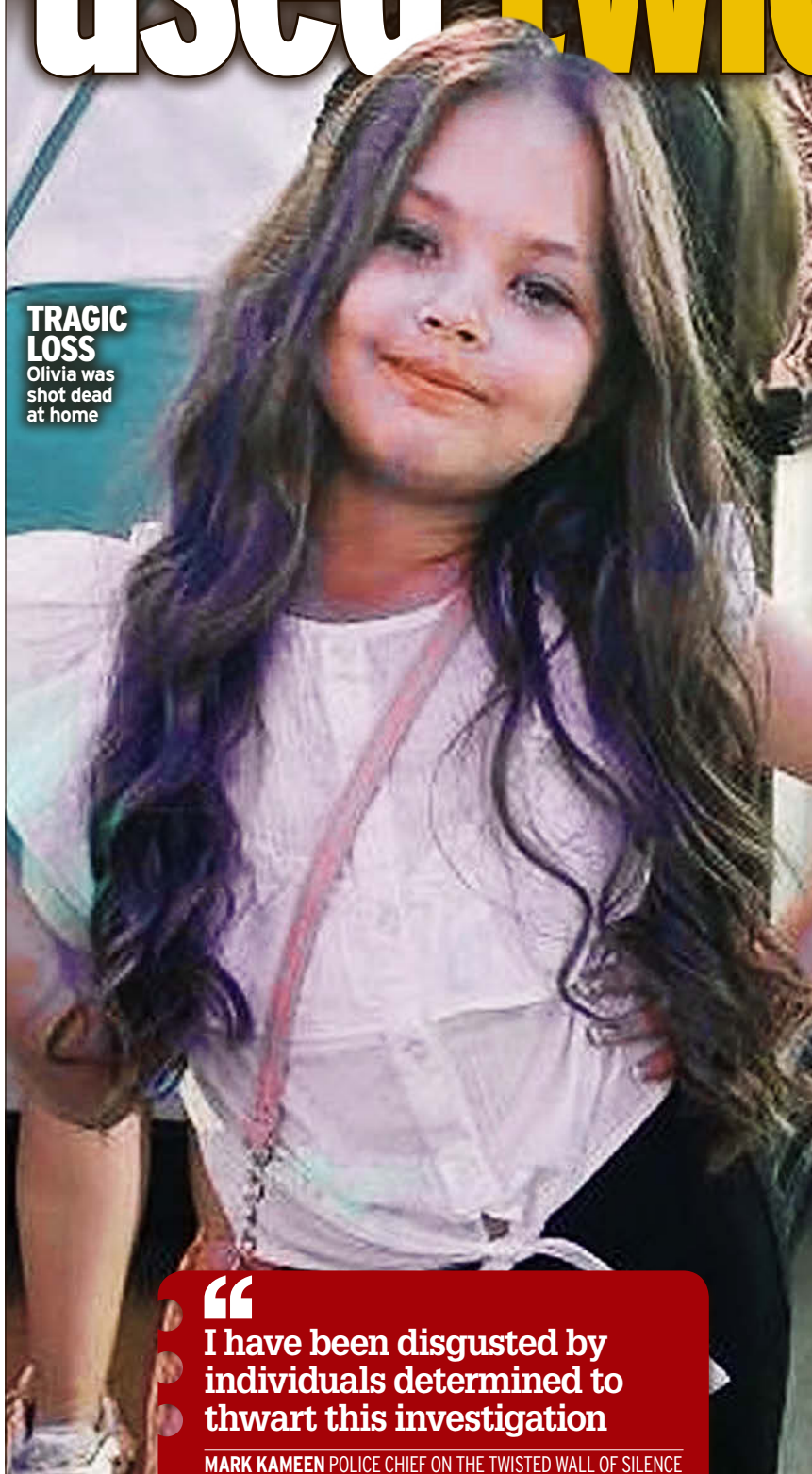
"Lad in black hat and snood jumped out and stabbed him and ran off.

"She saw the scuffle but didn't see the blood. The area is getting bad."

# Olivia attack gun used **twice** before

## New info & £200K reward

**TRAGIC LOSS**  
Olivia was shot dead at home



BY STEPHEN WHITE

**ONE of two guns from the night little Olivia Pratt-Korbel was murdered had been used twice in previous shootings, police said.**

As Crimestoppers offered a record reward of £200,000 to help catch the killer of the nine-year-old, detectives revealed she was hit by a .38 revolver.

A Glock-type self-loading 9mm pistol was also fired in the lead up to the youngster's death in the Dovecot area of Liverpool on August 22. The same weapon was used nearby in January 2020. A man aged 19 was injured and one of the bullets went through the front door of an innocent resident.

It was used again on August 8 in Dovecot when two rival gangs fired at each other.

Det Chief Supt Mark Kameen, who is leading the hunt for Olivia's killer, again appealed to anyone shielding the thug who shot her and injured her mum Cheryl, 46, to give them up.

Amid a twisted wall of silence among Liverpool gangs, the officer said: "Sadly, and unbelievably, during this investigation I have been disgusted by a small number of individuals who are determined to thwart the investigation, protect the key individuals involved and try and ensure little Olivia and her family do not receive the justice they deserve.

"This just shows the type of people we are dealing with.

"However, they won't be successful, and we will prosecute them too. Being

involved with this gunman and anything to do with this horrendous murder will leave a stain on you for life. I have no doubts that when you are charged and convicted you will be regarded with absolute disgust by your family, friends and communities.

"Your loyalty to this man is utterly misplaced. This man is utterly toxic.

"Nobody wants this man around them or where they live. Some people may tolerate him through fear but

even those people, given the choice, would want him locked away. With your support we can make this happen."

The Crimestoppers reward is the biggest single bounty offered in the charity's history. Founder Lord Ashcroft last week put up £50,000.

But he has now doubled that to match £100,000 from a new private donor, making £200,000.

The peer said: "A young life has been lost so we need every effort to find those involved in this appalling killing."

Olivia was shot dead when a gunman burst into her home while chasing drug dealer

Joseph Nee. Cheryl was hit in the wrist as she tried to protect her little girl.

Nine people have been arrested in connection with the killing but so far no one has been charged.

Mr Kameen said he believes the gun used to kill Olivia is still in the Dovecot area, being stored. He added: "I want people to tell us where these guns are."

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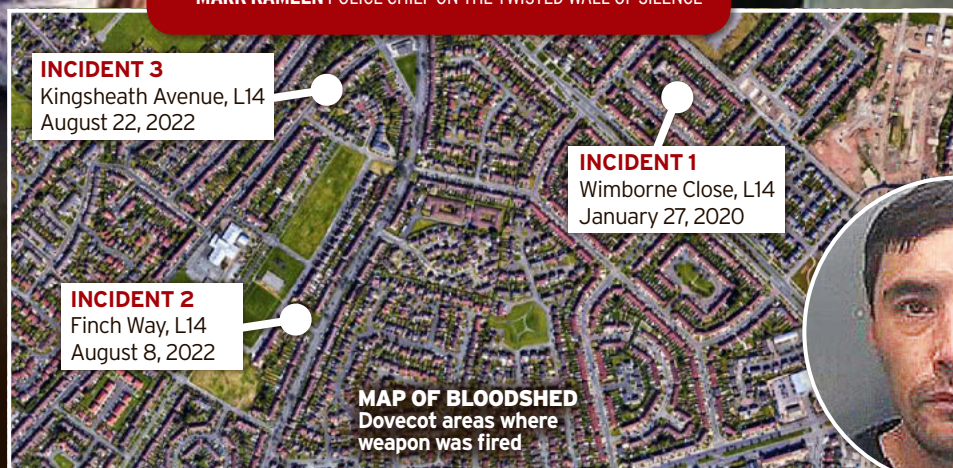
GENEROUS Lord Ashcroft



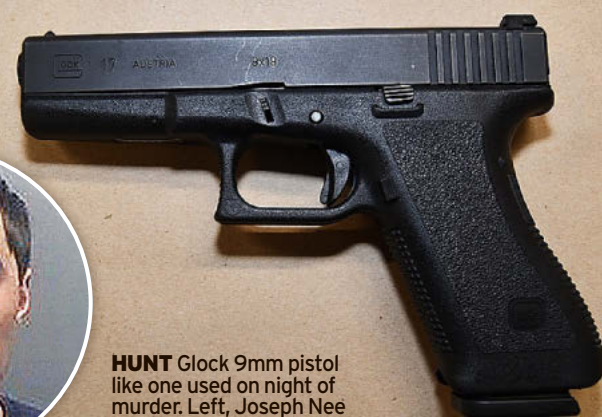
DETERMINED Mr Kameen

**"I have been disgusted by individuals determined to thwart this investigation"**

MARK KAMEEN POLICE CHIEF ON THE TWISTED WALL OF SILENCE



MAP OF BLOODSHED  
Dovecot areas where weapon was fired



HUNT Glock 9mm pistol like one used on night of murder. Left, Joseph Nee



# WAR IN UKRAINE: FIVE BRIT PoWs



## How seriously should we take Putin's threat to use nuclear weapons?

The risk of a nuclear strike by Russia can never be ruled out. Putin's behaviour is increasingly erratic and irrational.

It was noticeable he stressed his words were "not a bluff". This could be an admission his previous threats had been just that.

The use of weapons of mass destruction would be the option of last resort for Putin. It would invite global condemnation and risk a retaliatory attack.

It would also be the action most likely to trigger a coup against him.

## Why is Putin ramping up his war rhetoric?

Primarily because Russia is losing the war.

Demoralised Russian forces are reeling from a Ukrainian counter-offensive that retook 6,000 square kilometres in the east of the country.

As the losses mount up so has the volume of Putin's sabre-rattling.

The tough language was also aimed at reassuring Russians after yesterday's call up of 300,000 reservists.

The move makes clear it is now a war, not a "special military operation".

## Could Putin be toppled?

In recent weeks there have been voices of dissent. Local politicians in Moscow and St Petersburg have called for him to resign. The most stinging criticism came from Ramzan Kadyrov, the Kremlin-backing head of the Chechen Republic, who slammed the military "mistakes" in Ukraine.

Russia has already suffered an estimated 80,000 casualties. If the death toll continues to rise Putin could face greater internal opposition.

## Could Russia's allies turn against him?

After being isolated by the West, Putin has been forced to look to China and India for support.

But at a recent summit in Uzbekistan, India's Narendra Modi told the Russian leader "today's time is not a time for war".

Putin also admitted China had "questions and concerns" about the war.

# GREAT

BY **CHRIS HUGHES** Defence and Security Editor and **BEN GLAZE** Deputy Political Editor in New York

**FIVE British prisoners of war, some facing death penalties, were dramatically freed last night by Kremlin-backed rebels in Ukraine.**

It came as President Vladimir Putin sparked thousands into fleeing Russia amid a nuclear war warning and the call-up of 300,000 reserve troops.

The PoW releases brokered by Saudi Arabia included Aiden Aslin, 28, according to Tory MP Robert Jenrick.

PM Liz Truss thanked Ukrainian President Volodymyr Zelensky and Riyadh, where the prisoners landed before they return to the UK.

She said: "Hugely welcome news. Five British nationals held by Russian-backed proxies in eastern Ukraine are being safely returned, ending months of uncertainty and suffering for them and their families."

"Russia must end the ruthless exploitation of prisoners of war and civilian detainees for political ends."

Mr Jenrick said Mr Aslin, of Newark-on-Trent, Notts, was released following a mediation by Saudi Crown Prince Mohammed bin Salman.

Meanwhile, after Putin's chilling TV speech in which he invoked the spectre of World War Three, flights leaving Russia sold out and hundreds were arrested in anti-mobilisation protests.

As he launched Russia's biggest troop mobilisation since the Second World War, he backed the illegal annexation of swathes of Ukraine. Men who feared being conscripted took flights out as traffic jams built up at the Finnish border.

Putin backed fake polls on Donbas's Luhansk and Donetsk regions plus Kherson and Zaporizhzhia in a bid to make the zone part of Russia.

That means Ukraine's counter-offensive could be seen by the Kremlin as an

» Putin sends chilling threats of nuclear war : » Panic as 300,000 troops are mobilised



**FIGHTER** Aiden Aslin was captured in April



**ARRESTS** Protester in Moscow



**EXERCISES** UK tanks in eastern Poland yesterday



**SWOOP** Cops detain man in Russian capital



**WARNING** Putin in TV speech yesterday

attack on the Russian Federation, justifying the use of nukes.

He said: "If the territorial integrity of our country is threatened, we will without doubt use all available means to protect Russia and our people. This is not a bluff."

"In its aggressive anti-Russian policy, the West has crossed every line. And those who try to blackmail us with

nuclear weapons should know that the weather vane can turn and point towards them."

Putin also accused the West of urging Ukraine to push towards Russia.

Last night, the tyrant's security forces were cracking down on protesters with more than 1,000 arrests in 37 cities. This included 303 in Moscow, 279 in St Petersburg and 40 in Yekaterinburg.

His announcement followed Russian defeats in north-eastern Ukraine as he strengthened his commitment to his "special military operation". It sparked

global condemnation as Ms Truss blasted him for "desperately trying to justify his catastrophic failures".

She addressed the United Nations General Assembly in New York, warning: "As we meet here this evening, in Ukraine barbarous weapons are being used to kill and maim people."

"Rape is being used as an instrument of war, families are being torn apart."

NATO secretary general Jens Stoltenberg said last night: "The only way to end this war is to prove that Putin will not win on the battlefield. When he

## PUTIN'S OPTIONS: CONTINUE THE WAR

This is a grinding war and Russia is suffering exponential losses, about 55,000 since February 24. This is unsustainable as Russians are being driven back towards the border, despite inflicting huge damage. Without a step-change in tactics the Ukrainian counter-offensive may mean Kyiv will win within months, albeit without Crimea.

## SEND RESERVISTS TO FRONTLINE

They have proved to be under-trained, badly supplied inferior forces and many battalions of non-regular forces have been killed. But weight of numbers may turn the tide if morale were not already plummeting among the Russian military. This move is possible as a temporary measure but huge numbers of desertions are likely.

## A NUCLEAR STRIKE ON UKRAINE

A targeted, tactical nuclear strike taking out a city might change the war in Putin's favour but it is almost unthinkable. He has proved unpredictable and may feel like a cornered animal - which could mean he will adopt terrifying, desperate measures. But a nuclear strike while in theory possible remains very unlikely.

# FREED AS RUSSIANS FLEE ABROAD

# ESCAPE



**BATTLING** President Zelenskyy

## Weaknesses could ramp up conflict

### COMMENT

BY MISHA GLENNY, RUSSIA EXPERT

VLADIMIR Putin's uncompromising television address, complete with nuclear sabre-rattling, has taken the world on to another level of uncertainty and danger.

Russia's president's decision to order a partial mobilisation and the holding of referendums in four areas of Ukraine under his occupation accelerates the collision course with the West.

It is a high-risk strategy for Putin, who is in a fight for his political and physical survival. The war, which he launched on February 24, has not gone the way he intended as Ukraine's forces have hit back hard.

But inside Russia signs of unrest are emerging both from his hardline supporters, who believe Putin has been too soft, and from those such as pop star Alla Pugacheva, who said the war was destroying the country's reputation.

### WORRYING

Equally worrying for the Kremlin strong man was the irritation of the Chinese leader Xi Jinping, who had "questions and concerns" about the war.

Putin has responded to domestic uncertainty and diplomatic criticism from his allies by doubling down.

By holding referendums, he will argue the territories will be part of Russia. Putin hinted any attack on them by Ukraine, using NATO weaponry, will be met with maximum force including nuclear weapons.

He is hoping Germany and the United States will argue Ukraine should strike a deal.

Meanwhile, Ukraine's economy is tanking and President Volodymyr Zelenskyy fears some Western countries might wobble in their support.

This weakness on both sides of the battle lines is likely to ramp up this war. It is hard to imagine a peace deal.

■ Misha Glenny is the Rector of the IWM Vienna and author of *McMafia*.



**WING & PRAYER**  
Detainees in Saudi Arabia last night



**TOUCH DOWN**  
Freed men at Riyadh airport

realizes that, he has to negotiate a reasonable agreement with Ukraine."

US President Joe Biden accused Russia of violating core principles of UN membership by invading Ukraine, warning Moscow was making "irresponsible" threats to use nuclear arms.

He told the UN General Assembly: "A nuclear war cannot be won and must never be fought."

In the UK, Defence Secretary Ben Wallace said: "Putin's breaking of his own promises not to mobilise parts of his population and the illegal

annexation of parts of Ukraine are an admission that his invasion is failing."

As Ukrainians launched frontline attacks, Mr Zelenskyy said Putin would be unlikely to use nuclear weapons.

He added: "I don't think the world will allow him to use these weapons."

"Tomorrow Putin can say, 'Apart from Ukraine, we also want a part of Poland, otherwise we will use nuclear weapons'. We cannot make these compromises."

Number 10 said: "We will continue to support the Ukrainian government in the face of this assault on their

sovereignty." It came as British tanks joined military exercises in Poland yesterday with local and US troops.

Mr Aslin was captured in April then sentenced to death by a court in the self-proclaimed Donetsk People's Republic, along with Shaun Pinner.

The 48-year-old is a former member of the Royal Anglian Regiment.

Both men married Ukrainian women and hold Ukrainian citizenship although only Mr Aslin has been named as one of those released.

Those freed were among 10 detainees

including Brits, Americans, Swedish Croatian and Moroccans.

Foreign Secretary James Cleverly said: "I welcome the safe return of Ukrainian prisoners of war and one civilian including five British nationals."

Meanwhile, Ms Truss and Ukrainian First Lady Olena Zelenska toured an exhibition in New York detailing Russian war crimes in Ukraine.

Today Mr Cleverly will meet his Russian counterpart Sergei Lavrov.

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## NUCLEAR STRIKE AGAINST THE WEST

There is nothing in this for Putin as it would almost certainly mean the end of the Russian Federation and the end of him. This is an extremely unlikely outcome, as is a strike on Ukraine, but it still remains an option. But the threat of this, implicit in his latest message, may be the beginning of a bid for a diplomatic solution.

## STEP UP MISSILE STRIKES IN UKRAINE

Putin could step up missile strikes against infrastructure, further dismantling Ukraine and reducing it to a "frozen war" in a country that will become less functional. It is likely Putin wants to do this but has so far failed because of Ukraine's defences. If he escalates then this is possible while looking for an off-ramp to stop the war.

## NEGOTIATE FOR PEACE

Putin's war is a costly disaster but he needs a face-saving way out. Sacrifices will have to be offered to the Kremlin. Crimea is the most likely, or perhaps another area in the east. By saying freeing Crimea is his military goal, President Zelenskyy has made the already-occupied peninsula a commodity in any peace negotiation.

## Famine funds rise for Africa

THE Government has announced a further £23million to support those facing famine in the Horn of Africa.

More than a million people in Somalia have been displaced by drought, which is also affecting countries including Ethiopia and Kenya.

The £23m takes total UK funding for Somalia to £52.8m this financial year.

UN humanitarian chief Martin Griffiths warned last week: "Famine will happen in Somalia."

# Baby-faced fugitive will be sent to UK over 'drug trafficking'

**BRITAIN BOUND**  
A youthful looking Ungi after arrest



## It doesn't rise but it shines

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**SNARED** Ungi is led away in handcuffs by police in Coin



**HUNT** He was on list of most wanted for five years

## Appeal judges rule on forced return

**EXCLUSIVE**

BY **MATTHEW YOUNG** and **NATALIA PENZA**

**A YOUNG fugitive whose sunshine lair was exposed by the Mirror has lost his fight against extradition.**

David Ungi, 30, was "days away" from being returned to Britain last night, five years after being placed on the National Crime Agency's most wanted list over a gangland-related murder.

He was arrested in May as he strolled into a gym in the town of Coin, a short drive inland from Spain's Costa del Sol.

Appeal judges in Madrid have said his extradition should go ahead in a decision made public yesterday after he challenged a ruling approving his forced return.

Ungi, who lived with three other Englishmen in a home rented for nearly £800 a month, is expected to face trial on drug-trafficking charges.

But the likelihood he will be charged over the July 2015 murder of 18-year-old Vinny Waddington in the Liverpool area of Garston appeared to be in doubt.

Two men, Luke Kendrick and Ryan Bate, were handed life sentences for the killing after Vinny was rammed off a motorbike and shot from the Audi A3

they were in. Third suspect Ungi, also wanted in connection with the supply of heroin, allegedly went on the run.

It emerged after his May 6 arrest that a UK court was only seeking his extradition on drug charges despite an Interpol red notice issued years ago stating he was also wanted for murder.

Ungi's defence lawyer had argued Spain's centralised Audiencia Nacional

court should reject Britain's extradition request because it was not clear for what crime he was wanted.

In a written ruling seen by the Mirror rejecting Ungi's fight to stay in Spain, judges ruled: "The person being sought cannot be prosecuted in the country requesting his extradition for any other previously committed crime which is different to the object of this claim, unless that

country expressly requests the extension of that surrender."

Ungi and his three friends lived on baked beans, crumpets and sweets and shopped at a Buyrite supermarket.

A court official in Madrid confirmed yesterday: "The extradition is scheduled to take place in the next few days."

**“Ungi's extradition is scheduled to happen in the next few days**

**COURT OFFICIAL ON THE TIMELINE FOR UK ARRIVAL**

**m.young@mirror.co.uk**  
**@matthewyoung7**



**DEMAND** Ian Russell

## Molly dad in suicide sites 'ghetto' blast

BY **MATTHEW YOUNG**

THE father of suicide teenager Molly Russell called for action to prevent any more waste of young lives at her inquest yesterday.

Molly, 14, killed herself in November 2017. She had viewed online content linked to anxiety, depression, self-harm and suicide.

Ian Russell, 59, called those websites the "ghetto of the online world".

He told North London coroner's court: "It is important to seek to learn whatever we can and then to take all necessary action to prevent such a young life being wasted again."

Molly, of Harrow, North West London, used various apps in the hours leading up to her death.

Staff from Instagram's parent firm Meta are due to testify at the inquest, as are some from Pinterest.



**ACCUSED** Donald Trump

## Trump family faces £220m fraud lawsuit

BY **CHRISTOPHER BUCKTIN**

DONALD Trump, his adult children and their real estate company are being sued for fraud by New York's Attorney General.

Letitia James issued civil proceedings yesterday that seek to block the Trumps from serving as executives.

They may also be hit with £220million in fines.

They are alleged to have "engaged in numerous acts of fraud and misrepresentation in the preparation of Mr Trump's annual statements of financial condition" for at least ten years.

Ms James referenced the title of his famous book, saying: "Claiming you have money that you do not have does not amount to the 'Art of the Deal'. It's the art of the steal."

Mr Trump's lawyer Alina Habba dismissed the claims as "meritless".

# ITV BOSSES: WE BACK OUR HOLLY

## Channel supports trolled hosts

**BRAVE FACE**  
Holly hosts This Morning yesterday



**EXCLUSIVE**

BY **TOM BRYANT**  
Head of Showbiz



**ITV are rallying around distraught This Morning hosts Holly Willoughby and Phillip Schofield amid concerns over the "relentless" trolling they have suffered.**

Channel bosses pledged their full support to the duo, who were accused of skipping the queue to see the Queen lying in state on Friday.

A TV source said: "The abuse has been nothing short of disgusting."

"They have done nothing wrong and were fully entitled to media accreditation so they could inform their viewers."

"There is huge, real and serious concern over their well-being and ITV are fully supporting them behind the scenes in the face of such relentless trolling. The channel backs them 110%."

Sources say that Holly and Phil have felt reassured by ITV's stance, and dismissed rumours that Holly, 41, could even quit.

During a special episode reflecting on the days since the Queen's death, Holly said in a voiceover: "Like hundreds of accredited broadcasters and journalists, we were given official permission to access the hall."

"It was strictly for the purpose of reporting on the

event for millions of people in the UK who have not been able to visit Westminster.

"The rules were that we would be quickly escorted around the edges to a platform at the back."

"In contrast, those paying respect walked along a carpeted area beside the coffin and were given time to pause."

"None of the broadcasters and journalists there took anyone's place in the queue and no one filed past the Queen. We of course respected those rules. However, we realise that it may have looked like something else, and therefore totally understand the reaction."

"Please know that we would never jump a queue."

Yesterday pals said the experience had only brought Holly closer to Phil, 60.

A source said: "They are very much in this together, and will get through it."

This Morning posted on Instagram on Saturday: "We asked Phillip and Holly to be part of a film for this Tuesday's programme. They did not jump the queue, have VIP access or file past."

Some media and MPs were allowed into Westminster Hall during the four-day lying in state without queueing.

Good Morning Britain host Susanna Reid, 51, and David Beckham, 47, were among celebs in the public queue.

tom.bryant@mirror.co.uk  
@MirrorTom



**MOURNERS**  
Public queue



**SIDE BY SIDE**  
Pair are united by the row

**“There is huge, real concern over their wellbeing”**

**ITV SOURCE ON TROLLS' ABUSE OF HOLLY & PHIL**

**RESPECTS**  
Holly and Phil at lying in state



VOICE OF THE

DAILY **Mirror**

## Appetite for change

**OUR children should not be the victims of the cost of living crisis because their parents cannot afford food or heating.**

Nearly four million children live in poverty in homes without enough money to pay for a hot meal. Some kids skip meals entirely.

This is why the Daily Mirror is calling on the Government to provide free school meals for every primary pupil in England.

The Scottish and Welsh governments are introducing universal free school meals. It's time England did the same.

A hungry child cannot learn. It is harder for them to concentrate and reach their potential.

Free school meals for all primary-age children would save parents vital pennies – money which could pay for warm clothes, school activities or heating.

It would cut the bureaucracy and the stigma attached to pupils having free school meals. Most importantly, it would give every child the chance to flourish.

## Reckless Vlad

**RUSSIAN leader Vladimir Putin yesterday repeated his chilling warning he was prepared to use nuclear weapons.**

His behaviour is so unpredictable it would be dangerous to discount this as a bluff.

There was desperation behind his words, underlined by his panicked decision to call up 300,000 reservists.

Russia is losing the war in Ukraine. Its armed forces are demoralised and in disarray.

A country which boasted of its military prowess has been humiliated as the war has exposed its poor organisation, defective kit and inadequate leadership.

Victory for Ukraine is not guaranteed and the West must not falter in its support if the country is to press home its advantage.

## Life on the veg

**SCIENTISTS have discovered that unborn babies smile if fed carrots but grimace if given kale.**

All we are saying is give peas a chance.

**BAKE-OFF CO-STARS' INNUENDOS 'GO OVER PRUE LEITH'S HEAD'**



# COST OF LIVING CRISIS:

# Free school

## Join crusade calling on new PM to give children a lifeline

BY **LIZZY BUCHAN**  
Deputy Online Political Editor

**ALL primary school pupils in England must get access to free school meals to stop an epidemic of child hunger, the Daily Mirror demands today.**

Our joint campaign with the National Education Union is urging new Prime Minister Liz Truss to offer a lifeline to hard-up families by making sure no youngster is left starving.

Kevin Courtney, joint general secretary of the NEU, said: "Children cannot learn if they are not eating properly. It's time government takes responsibility."

Current rules at state schools in England mean children are entitled to free lunches up to the end of Year 2.

After that, they are eligible only if their parent or carer receives certain benefits. Households on Universal Credit qualify only if their work income is less than just £7,400.

Our Free School Meals for All campaign calls for provision to be widened to all primary school kids as food and fuel bills push families to the brink.

Scotland pledged to extend free school meals for every child in primary education in 2020 and Wales will do the same. It is time for England to catch up.

Former footballer and TV presenter Gary Lineker, Greater Manchester Mayor Andy Burnham and London Mayor Sadiq Khan are leading more than 100 politicians, groups and faith leaders who have already signed an open letter to Ms Truss urging her to act. We want you to add your names to our petition.

Around 1.9 million pupils in England are eligible for free school meals, according to government figures, equating to 22.5% of pupils



– up from 20.8% in 2021 after the pandemic pushed more families into hardship.

But the Child Poverty Action Group claims around 800,000 children living in poverty already do not qualify – with campaigners

fearful the cost-of-living crisis will make matters only worse.

A report by

## Food for thought at school

BY **JASON BEATTIE**  
THE staff at Surrey Square primary school immediately noticed the difference when free school meals were introduced.

"The pupils are able to concentrate, they are able to focus and they are not thinking about

**HEALTHY Meals at Surrey Square school**

being hungry. They are able to crack on with learning. "Food shouldn't be an obstacle to children. It's not their fault," said head teacher Nicola Noble.

The school in South London is able to provide free school meals for all of its 480 pupils thanks to

the Food Foundation in April revealed 2.6 million kids live in households that

# CAMPAIGN TO STOP STARVATION

# meals.. for all

Kids should not have to suffer pain of hunger

**COMMENT**  
Kevin Courtney,  
NEU union chief

NO child should come to school too hungry to learn.

No one can accuse this of being a "radical" statement but, in 2022, childhood hunger is the shocking reality in millions of families.

We are facing the worst cost of living crisis in a generation and wages are not keeping pace with rising bills. Neither are benefits.

This is hitting the most vulnerable the hardest.

Latest statistics show 3.9 million children - eight in every class of 30 - are growing up in poverty.

Some 2.6 million children live in households that have gone short of food in the last month.

Regular, nutritious food is the backbone of a secure childhood, yet too many children are going without.

The eligibility threshold for Free School Meals is appallingly low - families need to be on less than £7,400 a year.

## DEMAND

Many families don't meet the criteria and there is no safety net to help them.

That's why the National Education Union is proud to work with the Mirror on a joint campaign - Free School Meals for All.

We demand no child in primary school need face the pain and distress of going hungry.

It's time the Government takes responsibility for the decade of austerity that led to so much need in schools up and down the UK.

Feeding every child, in every primary school in England, will mean children get a good meal every day.

It's not only the right thing to do - it will be the only lifeline for millions facing a very bleak winter.

Come on, Liz Truss, as the new PM, providing Free School Meals for All will show the nation you understand what they are going through. Together, we need to make sure no child is left behind.

■ Kevin Courtney is joint general secretary of the National Education Union.

**“Risks to education, future, and wellbeing are clear**

ANDY BURNHAM  
MANCHESTER MAYOR

## Dear Prime Minister,

Child hunger is an epidemic in our schools.

Last year, 2.6 million children experienced food insecurity - not having access to nutritious and balanced meals, or even having to skip meals entirely. We urge you to extend free school meal provision to every primary school child in England.

We are living through the worst cost of living crisis in a generation, and too many families with young children are being pulled into poverty.

Free school meals for every child will put money back in parents' pockets.

That's money they can use to pay for other essentials for their children, from heating and food at home to hobbies and after-school clubs.

Teachers and support staff see the difference a healthy school dinner makes. When children are hungry, they can't learn. It's hard for them to concentrate and harder for them to reach their potential.

Free school meals for all would mean every child can learn and succeed.

For the first three years of school, every child in England gets a hot dinner - and no child under seven wants for food while they're at school.

But from Year 3 on, millions of children as young as seven miss out on a healthy meal at school.

In 2020, Scotland pledged to extend free school meals for every child in primary education. This year, Wales said they'll do the same. It is time for England to catch up. Providing a free school meal for every child in primary school will ensure all children can flourish and no child is left behind.

Prime Minister, will you commit to extending free school meals to every child in primary school?

Yours Sincerely,



**DEMAND**  
New PM Liz Truss



**SIGNED**  
Gary Lineker



**SIGNED**  
Andy Burnham



**SIGNED**  
Sadiq Khan

**SQUARE MEALS**  
Free lunches are crucial for our kids

Picture: HUMPHREY NEMAR

**HOW YOU CAN HELP: SIGN THE PETITION AT**  
[www.freeschoolmealsforall.org.uk/take-action.html](http://www.freeschoolmealsforall.org.uk/take-action.html)

missed meals or struggled to access healthy food.

Boris Johnson resisted calls to widen free lunch provision but footballer Marcus Rashford shamed the Government into feeding hungry children in the holidays during the pandemic. The

Southwark council - one of the few in England to fund this service.

"We see the difference it makes for every child to have a hot, nutritious meal in the middle of the day," Ms Noble said.

Free school meals also help parents. "Families will save around £440 a year. If you have multiple children that saves a

former PM also ignored his own food tsar Henry Dimbleby, who called for the qualifying threshold for household incomes to be raised from £7,400 to £20,000 last year.

Mr Burnham warned: "If children are going without



**FEARS**  
Head Nicola Noble

lot of money, which enables families to use that money in different ways, it may be a heating bill or paying for their child to go to a club," she added.

One in four pupils are living in temporary accommodation, which means they may not have access to a

a healthy meal at school, the risks to their education, their future, and their fundamental wellbeing are clear." Labour MP Kim Johnson added:

"We're on the cliff edge of the worst drop in

kitchen. A school meal can be their only hot food. "It's putting the

provision in place so it's an even playing field for every child," Ms Noble added.



**MEAL CRUSADER**  
Marcus Rashford

living standards in a century. The PM must roll out an urgent support package that prevents children starving."

A government spokesman said: "We have expanded access

to free school meals more than any other government in recent decades, which currently reach over 1.9 million children."

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BY ALETHA ADU Political Correspondent

**THE Health Secretary's plan to halt the morning rush for a doctor's appointment will have minimal impact, GPs are warning.**

Therese Coffey's Plan for Patients will pledge appointments within two weeks of booking one.

It will also promise "state of the art" phone systems for GP practices and more roles for GP assistants and advanced nurse practitioners.

Pharmacists could also take referrals for minor illnesses or symptoms, such as a cough, headache or sore throat.

But the Health Secretary did not set out plans to improve dentistry care or reduce



NEW PLAN Therese Coffey

ambulance waiting times. Ambulance delays are putting lives at risk.

Patients' satisfaction with the NHS is at a 25-year low as long waiting lists meant one in four did not get

the medical treatment they needed over the past year, says a National Centre for Social Research survey.

The Royal College of GPs' Martin Marshall said Ms Coffey's plan puts more expectations on a struggling service. He said this would "only serve

to add to the intense workload and workforce pressures of GPs and our teams, while having minimal impact on the care our patients receive".

Shadow Health Secretary Wes Streeting said Tories promising to solve the difficulties of getting a GP

appointment is "like the arsonists promising to put out the fire". Unison's Christina McAnea said there was no sign the Government has a serious plan to respond to the dire problems.

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# GPs slam Coffey's plan to end scramble for appointments

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**ASDA**

**GRIEF** Sylvia Ross at father's grave now with memorial



## I laid flowers at wrong man's grave for 43 yrs

BY JEREMY ARMSTRONG

DEVASTATED Sylvia Ross finally visits her father's grave, after spending 43 years visiting the wrong plot.

A wrongly placed plaque caused Sylvia, 67, to visit a grave just two plots away from her dad's for decades.

With daughter Lynette, 42, she brought flowers to a stranger's grave every birthday, Christmas and Father's Day. Sylvia's dad John Ross died aged 51 from a heart condition.

He was buried in Witton Park Cemetery in Bishop Auckland, Co Durham, in 1979.

Lynette explained: "Mam called the

council to ask them to put a marker where he had been buried.

"They put it on a plot which we have been visiting my whole life.

"It's just disgusting, how can they get something so simple so wrong?"

The memorial for John has now been moved to his grave and a cross erected for the man in the other grave, Frederick Brown. The cemetery was run by Wear Valley District Council when John was buried but it passed to Durham County Council in 2009.

Graham Harrison of Durham County Council said: "We would like to reiterate our sincerest apologies."

# Q&A

## What was announced?

Details of help for firms, charities and the public sector which PM Liz Truss signalled two weeks ago.

## How will it work?

The Government will effectively cap the wholesale price of energy for non-domestic users on fixed contracts at £211 per megawatt hour (MWh) for electricity and £75 per MWh for gas.

Suppliers will be compensated for the wholesale energy they buy above that. They must then pass on the saving.

## How many firms and others will benefit?

Officials claimed they didn't know yesterday.

Three quarters will be fixed rate deals, the rest on variable rate contracts.

## How long will help last?

Six months, after which only "vulnerable" industries will get help.

## Will business bills be lower than last winter?

No. The Government is effectively going back to where things were in April, so many firms still pay more than last year.

## So, as a household, my energy bill won't exceed £2,500 a year?

No. The Government quoted £2,500 as the average but the freeze is actually on the unit rate of energy, not the overall bill, which depends on usage, and where you live.

## What will it all cost?

Estimates put the cost of the household and business energy support at well over £100bn.

## Who is paying for it?

Us, likely through added Government borrowing, while energy firms make a packet from sky-high wholesale energy prices.

The PM dismissed calls for a new windfall tax.

## Help for those who miss out

NEW Government help was announced yesterday for people due to miss out on energy bills cash.

Funding will go to people who fell through the cracks of either Rishi Sunak's £400 discount or the cap on household bills.

People in caravan parks or "shared heat networks" in flats can now qualify for a £400 one-off payment.

Those who live off-grid and use alternative fuels will be given an extra £100.

# Six months 'not long enough' for energy price cut

## Businesses blast slapdash bills aid

BY **GRAHAM HISCOTT** Head of Business and **ASHLEY COWBURN** Political Correspondent

**FIRMS warn an estimated £25billion energy bill cut unveiled yesterday is a sticking plaster that could leave them on a "cliff edge" next spring.**

A taxpayer-funded scheme will fix the wholesale gas and electricity element of businesses' bills for six months from October 1.

Hospitals, school, charities and others will also be shielded from crippling price surges.

But while the boost for domestic customers will last two years, the Bill Relief Scheme for businesses is only guaranteed until late March.

Emma McClarkin, chief exec of the British Beer and Pub Association, warned: "We need a plan beyond the next six months."

Mike Hawes, of the Society of Motor Manufacturers and Traders, said: "This is a short-term fix and to avoid a cliff edge in six months' time, it must be backed by a full package of measures."

## RUIN

According to the Department for Business, Energy and Industrial Strategy, the scheme's discounted rate is less half that expected for wholesale prices this winter.

Business Secretary Jacob Rees-Mogg finally released details after warnings of firms facing ruin.

Lib Dem Treasury spokeswoman Sarah Olney said: "This temporary sticking plaster comes too late for many small businesses that already closed."

Labour's Jonathan Reynolds added: "It is farcical the Tories have been unable to tell businesses at the sharp end of the energy crisis how they plan to help them until now."

Downing Street declined to put a cost on the crisis package until Chancellor Kwasi Kwarteng delivers his mini-Budget tomorrow. Analysts at Cornwall Insight think it will total £25bn.

The taxpayer is expected to foot the bill after Liz Truss ruled out a windfall tax on oil and gas giants.

Unite chief Sharon Graham said: "Energy companies will be laughing all the way to the bank."

## DEBT

Darren Jones, chair of the Commons Business, Energy and Industrial Strategy Committee, called for more targeted measures.

He said: "Why should British taxpayers get into even more debt to hand public funds to Amazon?"

Ministers said the scheme will be reviewed after three months, with ongoing targeted help for "the most vulnerable." Mr Rees-Mogg hinted help for schools, hospitals and care homes could continue.

The Institute for Fiscal Studies called the aid for firms "inevitable" after five-fold bill rises for some.

Prime Minister Liz Truss said the scheme will provide "certainty and peace of mind" for businesses.

It follows the Government's energy price freeze announcement earlier this month for households, at an estimated £100billion cost.

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## 'We may need to take a loan'

CARE home owner Joyce Pinfield has been holding off signing a new contract for her gas in the hope yesterday's government announcement would bring good news.

It did but not, she fears, good enough, and not in the long term.

Joyce was quoted a gas contract 789% more expensive than her last, £80,000 a year rather than £9,000.

Even if halved by the new government cap, it's still unaffordable, she said.

It comes after a 260% rise to her electricity bill in June, which will still be punishing even if the government cap cuts that too. Joyce runs

Greenacres in Crowle, Lincs, and is also the The National Care Association vice chair.

She said: "Even with the reduction in cost, it will be unsustainable for many care providers, and I think so for me, from what I have at present seen."

She said of taking a bank loan: "That might still be something we need to do within this six-month period. "Only six months isn't long enough. We need more certainty."

Yesterday the local NHS trust told Joyce her fee for taking on a patient from the hospital will not be going up.

She said it would be fairer for care homes to pay domestic rates, as people live there.

**789%**  
Increase in  
gas bill for  
care home  
Joyce runs

**BILLS WORRY**  
Care home boss Joyce Pinfield

**MARRIED** Aston and Sarah

## Singer Aston ties the knot

JLS heartthrob Aston Merrygold has married his long-term girlfriend Sarah Louise Richards.

The 34-year-old singer has been dating the professional dancer, 38, for just over a decade. They got engaged in December 2017 and have two children.

Announcing the news on Instagram, Aston shared a photo of the pair wearing their wedding bands before adding "We did it" plus a black love heart and ring emoji.

**DRUNK RAGE** Fiend Malt

## Car killer dad jailed for life

A DAD who murdered his daughter by running over her body twice with his car has been jailed for a minimum of 18 years.

Nigel Malt, 45, reversed the vehicle over Lauren, 19, as she tried to protect her boyfriend in January at West Winch, Norfolk.

Malt, of nearby King's Lynn, got life after being found guilty at Norwich crown court of using his car as a "lethal weapon in an alcohol-fuelled rage".

# WAGs' £3,500 a night World Cup spa hotel

## Banana Island ripe for party

**AHEAD OF THE CURVE**  
The Banana Island Resort

### EXCLUSIVE

BY **JEREMY ARMSTRONG** and  
**ANDY LINES** Chief Reporter

**ENGLAND'S WAGs could bend it like Beckham on a £3,500-a-night "Banana Island" at the World Cup.**

Harry Kane's wife Katie Goodland has been on a reconnaissance mission to Qatar for players' wives and girlfriends.

Her trip to Doha followed a similar one made by Harry's dad Pat on behalf of the team's parents.

Katie took a tour of various accommodation options and it is believed a group of WAGs are considering Banana Island Resort Doha, with its breathtaking sanctuary and spa.

It boasts magnificent "floating villas" – which cost on average £3,500 a night – on stilts above the sea.

And they come with their own infinity pool and villa host to prepare food and cater to your every need.

In July, the Mirror revealed how



Beckham was set to stay at the resort as he promoted Qatar as a "stopover" tourist destination of choice.

Tourist chiefs describe it as a "once-in-a-lifetime" experience, with Banana Island likely to be heavily in demand for the tournament.

And there is a huge clamour for

accommodation in the Arab state, which is the size of Yorkshire. The population of 2.8 million will swell by at least a million for the tournament.

A total of three million tickets are being sold, with about 130,000 rooms available.

Organisers say many of the tickets have been taken by Qataris and fans from the neighbouring Middle Eastern states.

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[@jeremyatmirror](https://twitter.com/jeremyatmirror)

## No daytime booze for fans

ENGLAND and Wales fans heading to Qatar will have to wait for a pint until the evening in one of the biggest fanzones.

A 40,000-capacity area is being set up close to the capital Doha but its bars will not serve alcohol until 6.30pm.

Qatar 2022 CEO Nasser Al Khater

said the rule will make the fanzone more attractive for families.

He said: "We want to give them the opportunity to be in an alcohol-free zone for certain parts of the day.

"Later, the fans will have alcohol readily available."

**RECCE** Harry Kane's wife Kate went on tour of Qatar hotels

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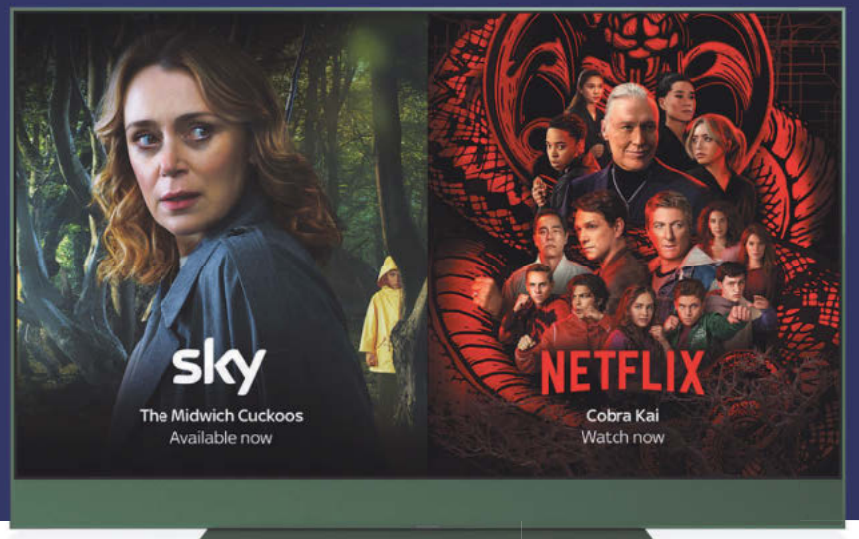
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UNBLEMISHED Sarah

## Six sarnies a day are out.. so's my acne

BY KATE POUNDS

A PERSONAL trainer cured her crippling acne by quitting her six-sandwich-a-day habit.

Sarah Hutchinson, 28, was devastated when her skin burst out in painful spots in March, running from her eyes to her neck.

She even dyed her hair blue to distract people from looking at her face.

Sarah tried a low-glycemic index diet recommended online in June.

She ditched ham and mayo sarnies and stopped putting sugar in her tea.

After replacing them with brown carbs, her spots cleared in six weeks.

Sarah, from Manchester, said: "I was distraught. My face was ruined. I felt like a monster. I miss white bread so much, but this is 100% worth it. It's amazing to get my confidence back."



STRUCK GOLD Mike's find

## Historic coin from field is 'worth £30k'

BY JEREMY ARMSTRONG

A METAL detectorist has found a gold coin worth up to £30,000 – the first of its kind uncovered in Britain.

The 500-year-old item discovered by civil servant Mick Edwards comes from Portugal and weighs an ounce, double the largest in England at the time.

London auctioneer Noonans, which valued it and will sell it a week today, said the 10 Cruzados piece is from the 1495 to 1521 reign of King Manuel I.

The inch-and-a-half coin has the phrase in Latin: "In this sign shall we conquer."

Mick, 62, from Durham, made the find just 10in down in a field near Etchilhampton in Wiltshire in July during a trip to celebrate 35 years of marriage.

He said: "I was dumb-struck and sat looking at it unable even to breathe."



## ALLIANCE

Joe Biden meets PM Liz Truss at the UN yesterday

# I'll come to you

BY BEN GLAZE Deputy Political Editor, at the UN General Assembly in New York

**BRITISH officials are preparing to welcome Joe Biden to the UK for a state visit next year.**

The US President is understood to want to come to Britain to mark the 25th anniversary of the Good Friday Agreement that brought peace to Northern Ireland.

The trip, pencilled in for April 7, could be the first time the King welcomes a fellow Head of State to the UK for an official visit.

A senior diplomatic source said: "If you look at the calendar you will conclude that next year might be an obvious reason to visit Europe, if things come good."

A Whitehall official said the 25th

## Biden plans state visit for 25th anniversary of Good Friday pact

anniversary of the pact that ended 30 years of violence in the province was "a key pivot moment".



TALKS King & Biden

Whether the trip is technically a "state visit" will depend on the date of King Charles' Coronation.

Mr Biden has repeatedly highlighted his Irish roots and the trip could bolster his re-election campaign if he chooses to run again.

The plan for a state visit by Mr Biden piles pressure on the UK and EU to thrash out a solution to the Northern

Ireland Protocol, which prevents a hard border with the Republic.

Border posts and Army watchtowers were stripped away following the 1998 Good Friday Agreement.

The deal was signed at Stormont after marathon negotiations hosted by Tony Blair, with Bill Clinton playing a vital role.

And sources revealed Mr Blair is still taking an active part behind the scenes.

They said: "He has certainly been explaining to the EU and the Americans that the British

government have a real point on the trading aspects of the Protocol. He has been explaining why there's no danger, why it's not about the Good Friday Agreement, it's about communities.

"He certainly has been a helpful voice. I think he will go on doing so."

ben.glaze@mirror.co.uk

@benlglaze

## 2000

Clinton meets fans in Belfast after a speech



## Britain praised as 'closest ally'

BY BEN GLAZE

JOE Biden told Liz Truss the UK was the US's "closest ally" last night as they kicked off their first formal talks.

The Prime Minister and US President met in the margins of the United Nations

General Assembly for negotiations about the war in Ukraine, economics and the Northern Ireland Protocol.

Mr Biden said: "We are both committed to protecting the Good Friday Agreement of Northern Ireland – and I'm looking

forward to hearing what's on your mind." He congratulated Ms Truss on becoming PM, adding: "I look forward to working with you. You're our closest ally and there's a lot we can do together."

Ms Truss said the two countries were

"steadfast allies" and said she welcomed discussing the Good Friday Agreement and "making sure it's upheld."

They had clashed on economic policy.

## Worst cig risk is to poorest

SMOKING is the main reason poorer Britons suffer more cancer cases than richer ones, a study found.

Scientists say 16,000 cancer cases a year linked to deprivation, or 61% of them, would be prevented if nobody smoked.

A fifth of cancers among the most deprived Britons were caused by smoking compared with 9.7% of cancers among the richest.

Cancer Research UK, behind the study, called for anti-smoking policies to target low earners.

## Boxes part & parcel of life

THE average home has 200 cardboard boxes delivered every year, or four a week.

But a poll of 2,000 adults found 85% claim to always recycle them and 13% said they only sometimes do.

Amid a spike in online ordering, 52% said they receive presents by post.

Clothes (49%) and electronics (37%) made up the top three types of content.

Andy Barnettson, of the campaigners Beyond the Box, said: "There's clearly an appetite among adults to recycle and do their bit."

# TELL KALE SIGN

## Babies in womb show disgust when mums eat bitter greens



### AFTER KALE

Unborn baby grimaces at flavour



NOTHING Neutral face after no taste



### AFTER CARROT

Baby shows a laugh-like reaction to veg

BY JEREMY ARMSTRONG

**UNBORN babies grimace when their mum eats kale, proving they can taste what she is eating.**

Just like most kids, babies pull a "cry face" when exposed to the bitter vegetables, research has shown.

But in ultrasound pictures, babies look like they are laughing when Mum eats a

strong carrot flavour, scientists said. Academics took 4D ultrasound scans of 100 pregnant women for the study.

Scans were done at 32 and 36 weeks to gauge the fetuses' reactions.

The mums-to-be swallowed a 400mg capsule of either carrot or kale powder before each scan. A control group ate no strong flavours. Durham University post-

graduate student Beyza Ustun, who led the research, said: "Our study is the first to see these reactions prior to birth."

"We think this repeated exposure to flavours before birth could help to establish food preferences post-birth."

She added: "It was really amazing to see unborn babies' reaction to kale or carrot flavours – and share those

moments with their parents." Co-author Prof Jackie Blissett said the next step was to test whether babies exposed to certain flavours in the womb were more likely to accept them in foods after they were born.

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**VOICE OF THE MIRROR: PAGE 10**

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SCENE Police at the temple

## Masked mob at temple as riots spread

BY DAN WARBURTON

VIOLENCE in Leicester spilled into Birmingham as a masked mob surrounded a Hindu temple.

Footage showed the men gathering outside the Durga Bhawan place of worship in Smethwick.

Witnesses claim bottles and firecrackers were thrown at the building.

Police equipped with riot shields and helmets tried to confront the crowd, understood to be mostly Muslim men.

Inflammatory social media posts have sparked a string of skirmishes between Muslim and Hindu groups that broke out in disorder on Saturday night in Leicester.

Police have made 45 arrests for offences including making threats to kill, possession of a firearm and affray.



## Attack Frail Edward Turpin Husband, 90, stabbed his blind & ill wife

BY DAN WARBURTON

A RETIRED butcher who stabbed his blind wife has been spared prison.

Edward Turpin, 90, attacked frail Joan, also 90, as she lay in bed.

He then rang for help and told a 999 call handler: "We want to die."

But he urged emergency services to hurry up, the Old Bailey was told.

The couple, of Orpington, Kent, had been married for nearly 70 years before the attack in September 22 last year.

Mrs Turpin, who now lives in a care home, suffered a collapsed lung.

Mr Turpin, in hospital with pneumonia, was cleared of attempted murder but found guilty of wounding in his absence.

Judge Alexia Durran gave him a two-year suspended sentence.

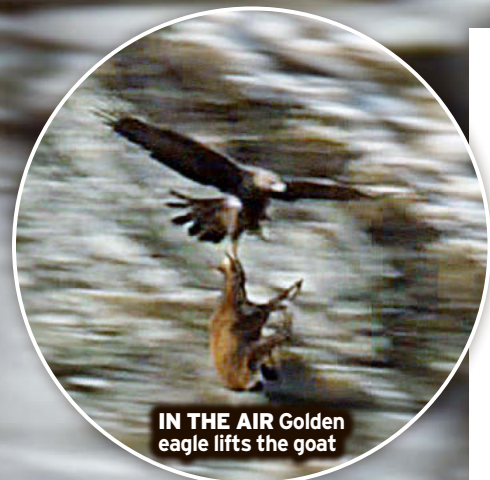
# The eagle has landed... a goat



TALONS Eagle grabs adult chamois goat



SNATCH The goat is dragged off cliff



IN THE AIR Golden eagle lifts the goat



RELEASE Eagle lets go of the goat



PLUNGE The goat falls to its death



ON THE SLOPES Goats in the Alps

BY NICOLA METHVEN TV Editor  
FROZEN Planet II will show incredible footage of golden eagles lifting an adult mountain goat and then hurling it to its death down a cliff.

Sunday's episode, called Frozen Peaks, captures the pair of eagles first hunting baby chamois goats.

But as the summer ends in the Italian Alps, the eagles successfully tackle a full-sized adult.

In heart-rending scenes, one of the eagles, flanked by its mate, seizes a goat standing on a cliff before dragging it to the edge and flying out over the precipice. When it

lets go over the gorge, the goat writhes in the air before being killed instantly as it hits the rocks below.

Producer Alex Lanchester said: "It's never been filmed before. We knew they went for the calves in the spring but not the adults."

"These goats weigh 10 times the weight of the eagle. It's brutal."

Narrator Sir David Attenborough explains: "It's an extremely risky move. If the eagle breaks a wing, it would be fatal. But a kill of this size will sustain a pair for days."

■ Frozen Planet II airs on Sunday, BBC1, at 8pm.

# Anton: Judging Strictly's so much easier on the knees



SHOW TIME Anton, Shirley, Motsi & Craig

BY MARK JEFFERIES Showbiz Editor

ANTON Du Beke has told how he prefers judging to dancing on Strictly as the ballroom routines were taking a toll on his body.

The 56-year-old returns to the panel for a second year tomorrow alongside Shirley Ballas, Motsi Mabuse and Craig Revel Horwood.

Anton - who had danced in every show since Strictly started in 2004 - said: "I'm loving it."

"I do watch some of the pros and get a bit of dance envy,

## Ex-dancer returns to panel role

thinking, 'I wish I could have been a part of that'. But judging is so much easier on the knees. My favourite thing about the show is the joy it brings everybody, the joy it brings my family and the joy it brings me."

"I love that feeling of lifting everybody up, which I think was highlighted through lockdown."

"I can't believe, well I can, it has been going for so long and we have a

new audience coming every year." Head judge Shirley added: "I think people keep tuning in because it's a family affair. It's something to look forward to on cold winter nights."

"It's a bit of Vegas, glitz and glamour, glitterballs, bangles and beads."

■ Strictly launches on BBC1 at 7pm tomorrow and the first live show is next Saturday at 6.45pm.

mark.jefferies@mirror.co.uk @mirrorjeffers

TODAY: THURSDAY, SEPTEMBER 22, 2022

On this day

24 YEARS AGO (1998)

We revealed US President Bill Clinton's shame as a video of his testimony to the Grand Jury about his affair with White House intern Monica Lewinsky was aired on national TV.

42 YEARS AGO (1980)

War broke out between Iran and Iraq following three weeks of border clashes. The fighting lasted eight years and claimed 1.5 million lives.

88 YEARS AGO (1934)

An explosion and underground fire at Gresford Colliery, near Wrexham, North Wales, killed 266 miners. It remains one of Britain's worst mining disasters.



Today's giggle

How do celebrities stay cool? They have many fans.



Billie, 40



Andrea, 64



Joan, 64

Birthdays

I Hate Suzie actress **Billie Piper** is 40. She had a No1 hit aged 15. Harry Potter star **Tom Felton** is 35. He enjoys fishing competitively. Tenor **Andrea Bocelli** is 64. He became blind at 12 after a football accident. I Love Rock and Roll singer **Joan Jett** is 64. She is an animal rights campaigner. And many happy returns to Mirror reader **Mark Wheelhouse**, from Bognor Regis, West Sussex, who turns 50 today.

■ If you'd like us to mention the birthday of a loved one, write to Birthdays, Daily Mirror, One Canada Square, London E14 5AP or yourvoice@mirror.co.uk

TRIO'S IN MIX

Danny Jones

What was your high point of the series?

My theatrical dish. I never thought I'd be serving food in a guitar case, it felt like it was the band on stage but in a dish!

What were your fears for the final?

At the final you've got nothing to lose, I wanted to make everything taste, look and be presented as good as I practised it. My biggest fear was to get my lamb perfectly cooked.

Who are you closest to out of the other contestants?

I was close with all of the last seven really.

If one of us were worried about something we'd help them out, so it was quite nice having that.

Would you ever try mastering the art of baking?

It's different. I'm still at the beginning of my journey with cooking. I'm getting way better. Baking used to scare me more but it's almost easier because it's all measured out. It's almost like, if I've done those measurements right, I just shove it in the oven and it should be all right.

Have you surprised yourself with this experience?

I have, I've just gained a comfortable vibe in the kitchen. For me, cooking was mindful. I feel like now I've levelled up on it and to be in the final three is such a cool experience and I'm so proud.

Is there anything you would never cook again?

Shepherd's Pie. It's haunting me - I've got P(ie)TSD!



Lisa Snowdon

What was your high point of the series?

The dish for my Nan. It's a dish she would always order for a Sunday lunch but she used to make it too. So, I wanted to do a take on my Nanna's Crème Brûlée, give it a little bit of a British twist by calling it a Trinity Burnt Cream and adding gold leaf.

What were your fears for the final?

The jeopardy of cooking duck. I'd cooked Anna Haugh's dish which was Duck and Waffle - I got it out of the oven and cut it straight away. That was a big learning curve, so I said to myself, 'If I get through to the final I'm going to cook duck'.

Who are you closest to out of the other contestants?

I got really close to Kitty, Ryan, Adam and Katya. I knew Mel from MTV. I love Jimmy Bullard and Lesley Joseph as well.

Was there a moment when something dramatic happened or you thought you had lost control of a dish?

The baked Alaska was quite hard. It was all stuff I'd never done, I got home and just cried as I'd found it really hard. The next day was the Crème Brûlée so I said, 'I have got to do this dish proud for my Nanna' and then this little Robin hopped into the garden and I thought, 'This is a sign'. I'm superstitious like that.

Have you surprised yourself with this experience?

I massively surprised myself that I not only did well but that I did it in the first place and kept calm, for the most part.



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# FOR CELEB MASTERCHEF CROWN

# Finals don't get tougher than this..

Stars reveal highs, lows & friendships



**COOKING UP A STORM** Danny, Lisa and Mel in tonight's Celeb MasterChef final



BY SERENA RICHARDS

**THIS trio has lasted the course to reach the Celebrity MasterChef final.**

And tonight TV host Lisa Snowdon, McFly frontman Danny Jones and All Saints singer Mel Blatt battle for the title.

The finalists must cook a faultless three-course meal in two hours for judges John Torode and Gregg Wallace.

Here each of them talk about their fave foods, high points, fears and friendships.

mirrornews@mirror.co.uk

@DailyMirror

## Mel Blatt

**What was your high point of the series?**

Mary Berry!

**What were your fears for the final?**

Everything - absolutely everything!

**Who are you closest to out of the other contestants?**

We really got on well, we had a blast. I've got to say, I completely fell in love with Cliff [Parisi].

**Would you ever try mastering the art of baking?**

I'm not a baker but I've got a taste for it now. Challenge me with anything, except for something like bungee jumping.

**If you had to choose one meal, what would your final meal be?**

Big Mac for starter, pizza for main and spag bol for dessert,

with a side of mac and cheese.

**What is your first memory of cooking?**

I remember cooking when I was 11 and we were in a canal boat in King's Cross. It was a tiny kitchen where I made my first spaghetti and tomato sauce.

**Was there a moment when something dramatic happened or you thought you'd lost control of a dish?**

I'd have to go back to my chocolate cake. Luckily the show made it look like it wasn't as bad as it was but it was terrible.

**Have you surprised yourself with this experience?**

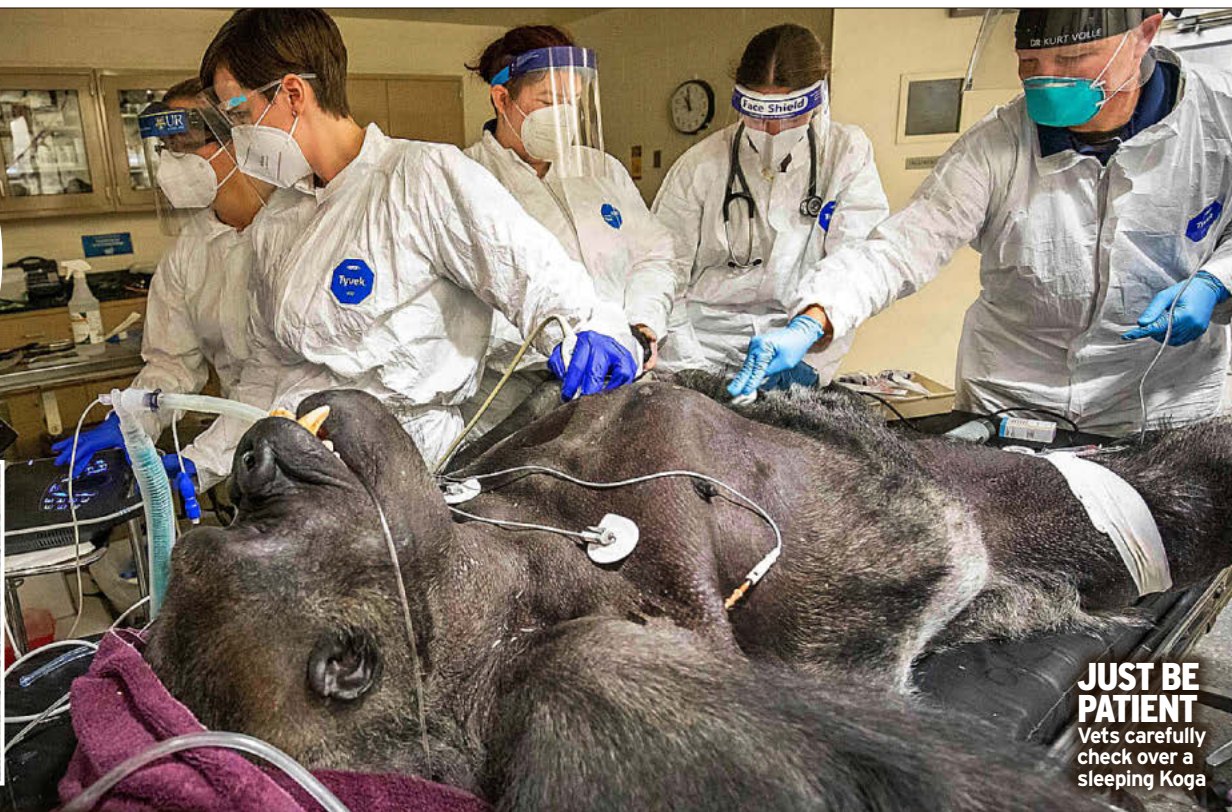
Yes. It's ignited a passion in me I'd like to explore further.

**Celebrity MasterChef, the final, is on tonight, 8.30pm, BBC1**

HUGE A  
vet's hand  
& Koga's



ALPHA Koga  
awake in the  
Buffalo Zoo  
in New York



**JUST BE  
PATIENT**  
Vets carefully  
check over a  
sleeping Koga

# SHHH...

Don't wake him up... he'll go ape

BY ABIGAIL O'LEARY

**A TEAM of vets work quickly and quietly to carry out a health check on a 400lbs gorilla before he comes round.**

Koga, a western lowland gorilla, was in for his biannual health MoT, testing for heart disease and making sure his teeth, eyes, joints and muscles are OK.

The 34-year-old is the alpha male of his group at the Buffalo Zoo in New York. Zoo PR man

Christian Dobosiewicz, who took the photos, said Koga was a good father figure to the other apes.

He added: "He gives off mean looks but that's his role as the protector. He is good with keepers and responds well to training.

"He is huge and can be a very dangerous animal, so it can be tense to begin with, but our team are remarkable."

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## Oktoberfest man stabbed

A BRITISH man in Germany for the Oktoberfest beer festival has been knifed in the chest.

The tourist, 41, was separated from friends but managed to call one and police after the stabbing.

He was critically ill when paramedics found him on a pavement in Schwabing-West, a suburb of Munich. He has had an operation.

A city police spokesman said: "We currently do not rule out a robbery but it could be just as little as a failed drug deal."

## Killed in bike noise bust-up

A KILLER who stabbed his neighbour to death after a row over motorbike noise has been jailed for life.

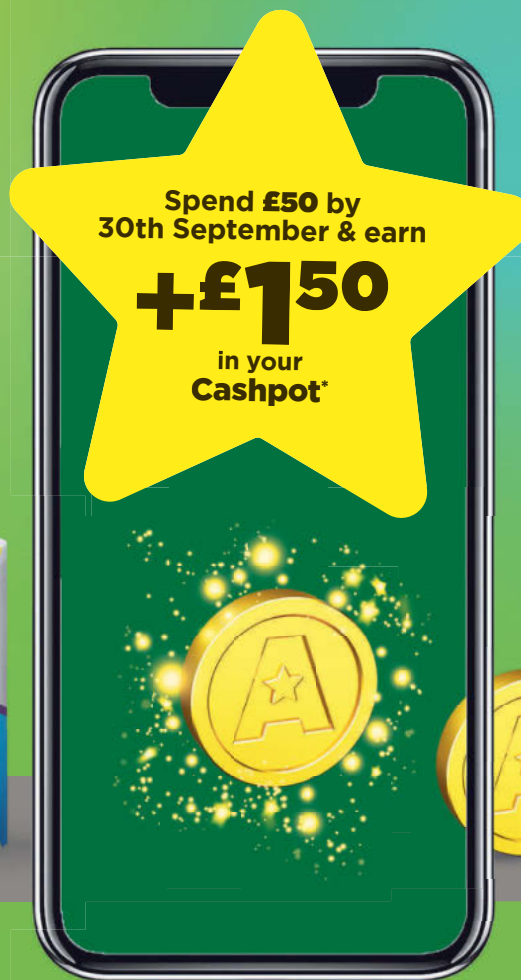
Jamie Crosbie, 48, used two knives and a saw to kill dad Dean Allsop, 41.

He told police: "Killing isn't always a bad thing."

Two women were also attacked on April 14 last year, in Thorpe St Andrew, near Norwich.

Judge Anthony Bate, sentencing Crosbie to 28 years at Norwich crown court, said: "I regard you as a very dangerous man."

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“39 years on & I still can’t explain this.

Total Eclipse of the Heart singer **Bonnie Tyler** admits she still doesn’t know what “**turn around bright eyes**” means.

# THE DIARY

with Ashleigh Rainbird

ashleigh.rainbird@mirror.co.uk



**OUTFIT DRAMA** Brooklyn with Nicola Peltz Beckham

## Vic dressed down by Nic

**Brooklyn Peltz Beckham's** wife **Nicola** is not quashing rift rumours with **Victoria Beckham** very well... Reports claim the pair fell out when Nicola chose not to have her wedding dress designed by her mother-in-law, and the pair have been noticeably quiet on social media, where they had previously gushed over one another. Now, Nicola says the reports are “not true”, but adds to *Grazia USA* that after the pair “connected” to design the dress, she “didn’t hear anything” from the designer. Victoria then apparently called Nicola’s mum to explain her atelier “couldn’t make it”. Perhaps Nicola’s mum can expect another call, soon.

## Beeb Putin out danger

Radio 4 presenter **Justin Webb** was praised yesterday for his reaction after his cheery “good morning” to Russian President **Putin's** advisor **Sergei Markov** was met with menacing threats of nuclear war. “It is always good to hear from you. Sergei Markov, from Moscow, thank you,” came the broadcaster’s reply. When one listener commended his calm handling of the situation, Justin noted: “I felt escalation not helpful in case I ..... started something.” Best to stay on the safe side, really.



**SABOTAGED** Rylan’s cream horns did not win first prize

## Ry psyched out of Bake Off victory

When one of the nicest men on telly appeared on *The Great Celebrity Bake Off* nobody could have predicted it would spark trouble...

**Rylan Clark** claims he lost to **Michelle Keegan** (below) after he lost



vital time calling his psychic to help find Prue Leith’s ring. Producers then gave other bakers an extra hour after he’d skipped on ingredients to finish his cream horns in the original time. “An hour before that, I was looking for Prue’s wedding ring in the gravel... and I get **SECOND**,” he scoffs in faux outrage on the *Off Menu* podcast. “I rang my psychic. Being a nice person gets you nowhere.”



**SEARCH** Paris Hilton with chihuahua Diamond Baby

## Drones look fur Paris’ pet pooch

**Paris Hilton** really has sent in the drones but she still can’t find her pet dog Diamond Baby.

The caviar-chomping teacup chihuahua has been missing for a week now.



And the socialite has offered a cash reward, as well as hiring a pet detective, a psychic and a dog whisperer to track her fur baby. Yesterday, two

drone operators, inset, descended on her Beverly Hills villa to conduct a thorough search from the skies.

It’s a military-level operation for her tiny teacup.

**IN MADGE TASTE?**

**Madonna** is making up for the pandemic - she’s been snogging lots of people these past few weeks. Now, she snogs rapper **Tokischa** during the video for their *Hung Up* collaboration. The 64-year-old star also puckered up with street artist **MissMe** while on holiday in Sicily. The singer is rumoured to be dating 23-year-old model **Andrew Darnell**, who she’s also been seen canoodling with. That’s a lot of saliva.

**CLOSE COLLABORATORS** Star with Tokischa in video

# Brandy Supernova Liam’s Dutch courage



**ON BRAND** Rocker Liam drinks brandy during gigs

## Liam Gallagher is embracing middle age by making some changes to his diet.

Namely, drinking half a bottle of brandy during his live shows.

The Oasis star, who turned 50 yesterday, says he now needs a little Dutch courage to boost his swagger. He said: “I’ve been getting a bit battered on stage recently. As

you get older, you’re not as cocksure. So I’ve been having a brandy just to chill me out.

“About the seventh song or the sixth song you think, ‘Yeah, this is actually all right. I’ll have another one.’ By the time you’ve done your 20th song you’ve done a bottle.”

Liam scoffs that fellow 90s rockers who are “meant to be rock’n’roll, the big drug takers and that” (namely brother Noel) actually take nothing

stronger than Lucozade and Fruit Pastilles.

Boasting on Apple Music 1 radio, Liam said: “I got off my head in the 90s.

“There’s a lot of people with great memories from the 90s and I just think, ‘Well, were you really that rock’n’roll then, mate?’” Of his gravelly tones,



he adds: “I smoke and I drink and I get involved, unlike some. “I might have had six months off a couple of years ago... but I’m normally drinking and smoking and what-ever. So my voice will change.” Thankfully, the quality of his rock’n’roll anecdotes remains intact.

## U-35s 'thrifty to beat bills'

YOUNG adults are more likely than over-55s to downsize their spending to cope with rising prices, research suggests.

Around one in five of under-35s are doing this compared with 14.5% of the older group.

Younger people are also twice as likely to use credit cards to deal with finances.

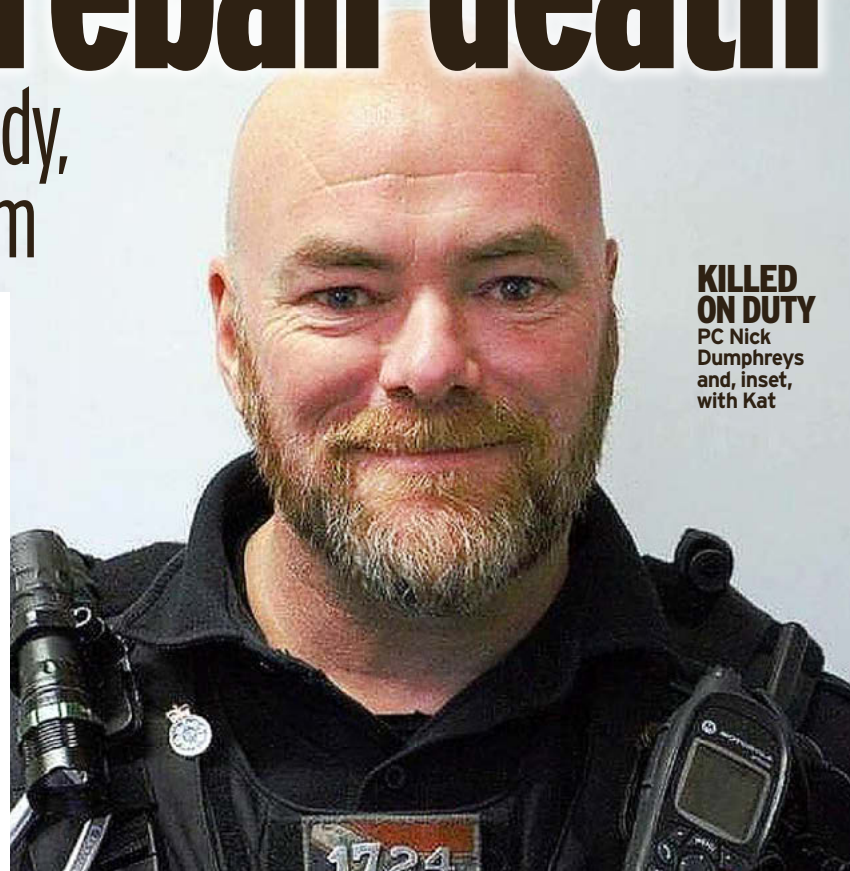
Helen Bierton, of Starling Bank which carried out the poll, said: "Young adults are taking a proactive approach to money."

# Cop's widow 'betrayed' over BMW fireball death



## Be responsible for tragedy, says grieving wife & mum

**KILLED ON DUTY**  
PC Nick Dumphreys and, inset, with Kat



**EXCLUSIVE**  
BY TOM PETTIFOR  
Crime Editor



**THE widow of a PC killed by an engine fire in his BMW patrol car has spoken of feeling betrayed.**

Nick Dumphreys, 47, a dad of two young children, died in January 2020 when he crashed in a fireball on the M6 near Carlisle, Cumbria.

There had been at least five unexplained fires in BMW patrol cars with the same N57 engine. It was not until January that BMW told forces to avoid high speed pursuits in such cars.

After the inquest into Nick's death, Kathryn Dumphreys, 41, said of their children, aged six and eight: "It's devastating they won't get to know their father. It's been heartbreaking to try to explain why he didn't come home."

"They don't understand. It was so predictable and so foreseeable. It's absolutely devastating when you think he should be here, it's horrific."

The inquest in Carlisle heard how Nick's car crashed when a worn part broke loose and blocked the oil supply line, starving the engine of lubricant.

Moving components began to break up, and oil ignited. The car, doing 130mph as Nick responded to a knife incident, became unstable and crashed.

Fellow Cumbria police officer Kathryn said: "All I want to do is ensure that no one else is killed. That someone takes responsibility and accountability for the faults that led to his death."

"Yet we've faced nearly three years of BMW and Cumbria Police passing the blame back to each other, while we sit in the middle quietly. I feel betrayed."

The Mirror found that fires had occurred in patrol cars with the similar engines. One in Derbyshire in 2013, a second in Kent and a third in Merseyside in 2016.

In July 2017, a BMW A30D went up in flames in Exeter. The officer driving escaped unhurt. In January 2019 a BMW 330D ignited in Melton, East Yorkshire.

The inquest heard there were no national core standards for police car fleet workshops. The coroner will deliver his conclusions on a date yet to be agreed. BMW said: "The Coroner has not yet reached his conclusion, we are unable to provide additional information at this point."

Cumbria Chief Constable Michelle Skeer said the force has fully co-operated with the inquest.

She said: "We are determined to do everything in our power to help get to the root cause of the accident."

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**HORROR** Aftermath of Nick's car crash in 2020



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**PUNK IDOLS** Sex Pistols

## Anarchy's in the UK... sale

AN "extraordinary" haul of Sex Pistols artwork, posters, lyrics and papers will go on sale at Sotheby's.

It features the torn Union Flag for 1976 single Anarchy In The UK, which is expected to fetch £5,000.

The Jubilee portrait of the Queen "desecrated" in 1977 by a safety pin is up for grabs for around £1,500.

The collection by art dealer Paul Stolper and critic Andrew Wilson will go under the hammer from October 10 to 21.



**CURE CLUE** Winnie's secret

## Diabetes 'link to Pooh bear'

HONEY loving Winnie-the-Pooh could hold the key to beating diabetes.

A sugar rich diet is a trigger for the metabolic disorder in humans – but a study of bears, who gain weight and in winter hardly move, showed they can turn it on and off.

Washington State University found the secret is eight "hibernation proteins".

Prof Joanna Kelley said: "It is progress toward identifying molecules controlling insulin resistance."

# You're having a giraffe



**DJ Bouncin' Beats** £45



**Gigi the Giraffe** £30



**Barbie Cutie** £33



**Pokemon TCG: Tin** £19



**Nerf Ranger PD-5 Blaster** £18



**Dinosaur waterfall** £10



**Lego Technic McLaren F1** £170



**Squishmallow cuddly toy** £18

BY **RUKI SAYID** Consumer Editor

## A QUIRKY dancing giraffe is being tipped as the Christmas must-have by toy experts.

With less than 100 days to go, disco diva Gigi is set to be a sell-out with its slick moves to music, according to pundits at Argos.

The £30 Jiggly Pets toy was unveiled yesterday by the catalogue giant as one of its top Xmas picks.

While a Chad Valley dinosaur bath toy is the cheapest gift for £10, Lego's Technic McLaren F1 replica car costs a whopping £170.

Argos said the car had been made in partnership with McLaren and included the finest details from the V6 cylinder engine and moving pistons to sponsor stickers "like those seen on a real F1 race car".

## MAGIC

Toy box veterans Hot Wheels, Barbie and Nerf blaster also make the wish list for Santa along with soft toy newcomer Squishmallow.

Film spin-offs including a Harry Potter Ministry of Magic Lego set for £90 and a Paw Patrol rescue truck at £18 are also likely to fly off the shelves.

According to Argos, retro Pokemon card tins for £19 are poised for a comeback as they have been given a modern twist.

Fay Williams, head of toy buying at Argos, said: "This year's top toy list is a great mixture of classic and much-loved toys such as Lego as well as newer brands like Squishmallows, which have quickly become wish-list staples."

"With the cost of living on customers' minds, we wanted to make sure that over half of our top toys were under £50, so parents can still make this time of year special without spending beyond their means."

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@RukiSayid



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- Dimensions: W 53cm x D 41cm x H 77cm

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THURSDAY 22.09.2022

 @evamsimpson

# EVA SIMPSON

## Unfiltered and undiluted

Don't join queue  
of people trashing  
Holly and Phillip

The problem is this wasn't the Brit Awards or the BAFTAs where stars are used to swanning past the great unwashed and sauntering up the red carpet. This was meant to be a moment of national unity, where anyone, whatever their status in life, should have



**OUTCRY** Holly & Phil



This wasn't the Brits or the BAFTAs, it was a moment of national unity

But what good can come from hounding two morning telly presenters, especially when there are far bigger things to worry about? In the words of the late Caroline Flack: "In a world where you can be anything, be kind."

## GIANT WEIGHT WAIT

It says the UK is in the grip of an "obesity emergency" that will have a devastating impact on the economy and on people's lives as they increasingly suffer from diabetes and heart disease. When will the Government, NHS and supermarkets get a grip and unite to stop this ticking time bomb?

All I want to know is a) Where are you going Davina, and b) can I come?





OPENING UP  
Kate has laid bare anguish of losing her baby with Rio

TRAGEDY  
Kate posted photo about miscarriage

# Boy death a murder case

THE death of a 10-year-old boy found at home with his mother's body is now being treated as murder. Police discovered the mum, 30, and her son after worried locals called. A West Yorkshire Police spokesperson confirmed the murder investigation. They added that though inquiries remain ongoing, officers were not looking for anyone else in connection with the deaths. Police found the bodies in a flat in Holbeck, Leeds, last Thursday.

# It was really hard grieving a loss that no one can see..

## Kate shares miscarriage trauma

BY MARK JEFFERIES Showbiz Editor

**KATE Ferdinand has opened up about her miscarriage heartbreak and revealed she knew it was bad news because of the specialist's "awful" silence during the scan.**

The wife of former England and Manchester United star Rio admitted she felt different during the pregnancy but thought it might be because they were having a daughter this time.

However, having already given birth to son Cree in December 2020, Kate expected the worst when she saw the sonographer's face as she scanned her.

Speaking to her own Blended podcast, the 31-year-old said: "It was really hard when you're grieving a loss that no one can see." She added: "When I think back I did feel sick at the beginning and not as sick after that. I was a little bit anxious."

"But I'm quite an anxious person anyway, I worry about everything. I spoke to Rio about it and we were like, 'Maybe I'm just panicking'. Then we went to our 12-week scan."

"We went for lunch before and I went to the toilet and there was blood there. And I just felt like God was giving me a sign. I came up and went and told Rio

and we were both trying to pretend, 'This isn't happening' and 'It'll be fine'."

She continued: "That walk to the hospital felt like the longest walk ever. 'The minute I looked at the lady, she didn't even have to say anything, I just looked at her face."

"In comparison to when I had Cree, the facial expression was very different – they're happy saying, 'Oh lovely, all's okay'. And then the lady just didn't say anything. It was just awful."

"I just burst into tears, she hadn't even said anything and Rio was like, 'Calm down' and I was like, 'I know, I know, I know' and they said there's no heartbeat."

"I wasn't prepared. We were going to put the news on social media that day and now there was no news to share."

The TV personality announced the news of the miscarriage in July, posting a photo of her feet propped up on a hospital ward bed.

Kate said she felt the need to speak out as she has received hundreds of messages from fans asking how she was.

She added: "I'm OK and to me it is important for me to share my struggles in the hope it may help one person."

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@mirrorjeffers

**“The minute I looked at the lady, she didn't have to say anything”**

KATE FERDINAND ON MISCARRIAGE ORDEAL

### ADVERTISING FEATURE

## Could you help children living in hygiene poverty?

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- ✔ Body wash
- ✔ Plasters



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The Hygiene Bank is a registered charity in England and Wales number 1181267, and Scotland SC049895



# Fallon reveals 'horrific' time with her menopause denial

BY **MARK JEFFERIES** Showbiz Editor  
AUTHOR Jane Fallon tried to hide the menopause from partner Ricky Gervais and her friends as she felt ashamed. The 61-year-old, in a relationship with the After Life creator since 1982, began the process in her early 50s. Jane also refused to get proper HRT medication but regrets it, telling The Mid Point podcast: "I didn't mind the process of ageing but I did get sideswiped by the **THREW THINGS** Author Jane

menopause. I had this ridiculous idea that I'm not even going to tell anyone. "I used to faint, you sweat from places you didn't know you had sweat glands. "Then the emotional side kicked in and I felt absolutely horrific. I thought, 'I don't want to be crying, shouting and throwing things around.'" Jane added: "As soon as I took something and felt better, I didn't understand why I hadn't done it earlier. Then I enjoyed my 50s and cantered through them."

## OUR DAILY PUB QUIZ

- 1 Catherine the Great was part of which Russian dynasty?
  - 2 Which street sport will debut in the 2024 Paris Olympics?
  - 3 In which year was Concorde's last flight?
  - 4 Who recently released an album called Renaissance?
  - 5 An icosagon has how many sides?
- ANSWERS: PAGE 43



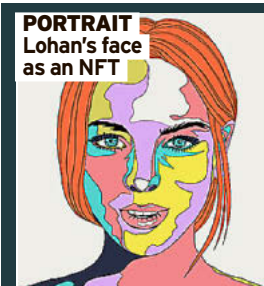
**TOKEN GESTURE** Kim 'pumped' Emax on Instagram

**ROPE A DOPE** Mayweather in promo T-shirt

## KAR KRASH-IAN 99% LOSS IN VALUE

The first red flag suggesting something might be wrong with the EthereumMax cryptocurrency was the name. It's almost as if it was purposely chosen to make people think it was an offshoot of crypto-giant Ethereum. It wasn't. Among those who hyped it was boxer Floyd Mayweather, who took to wearing EthereumMax T-shirts. The EthereumMax token, Emax, was also pumped by Kim Kardashian to her 250 million Instagram followers. That prompted the chairman of the UK Financial Conduct Authority, Charles Randell, to speculate last September that it was the financial promotion with the biggest audience reach in history. "Of course, I can't say whether this particular token is a scam," he said. "But

social media influencers are routinely paid by scammers to help them pump and dump new tokens on the back of pure speculation. "We simply don't know when or how this story will end, but - as with any new speculation - it may not end well." It hasn't. Both Mayweather and Kardashian are named as defendants in a lawsuit in California where a group of investors want compensation for the losses they have suffered since buying Emax. Kardashian's lawyers have responded by claiming that her Instagram posts were not investment advice. According to its website, there are more than 111,000 holders of the Emax token, which has lost 99% of its value since peaking in June last year.



**PORTRAIT** Lohan's face as an NFT  
The Parent Trap actress Lindsay Lohan hasn't been shy to promote virtual ventures, including NFTs of real and imaginary women called Bull Market Girlfriends. "Excited to partner with @bullgirlfriends to launch my exclusive #NFT," she tweeted on September 2 last year. That day the price of Bull Market Girlfriends listed on OpenSea rose to more than 16 Ethereum, around \$60,000 or £53,000. Within a month the price foundered and despite sporadic recoveries the average sale figure is around half an Ethereum - or less than \$700.

## GWYN AND BEAR IT

Oscar winner Gwyneth Paltrow pushed Bitcoin in a paid promotion for the Cash App crypto payment platform last December. Her theme was that women were somehow excluded from crypto markets, although she didn't explain how. "In order to democratise who can participate, @Cash App is now making it easy to gift Bitcoin," she posted on her Instagram account just before Christmas. "And the best part - I get to give out \$500k worth of Bitcoin to you to spread the holiday cheer!" Women who were inspired by her to put their savings into Bitcoin are probably regretting it now. Since her post, its value has fallen from more than \$48,000 to less than \$19,000, equivalent to around £16,600. Tennis star Serena Williams also partnered Cash App and pushed the same line as Gwyneth Paltrow, saying: "It's important to expand Bitcoin to women and people of colour," describing the cryptocurrency as "a super strong currency". That was in April. Since then its value has more than halved. It may recover, but that's no consolation for anyone who needed to cash in their Bitcoin for real money, and suffered huge losses in the process.



**TARGET** Paltrow and Williams pushed Bitcoin to female investors

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# PENMAN INVESTIGATES

...from the fishy to the fraudulent

## Stars pull cash into a crypto black hole

**Cryptocurrency giants Bitcoin and Ethereum have plummeted in value in what investors are calling a crypto winter.**

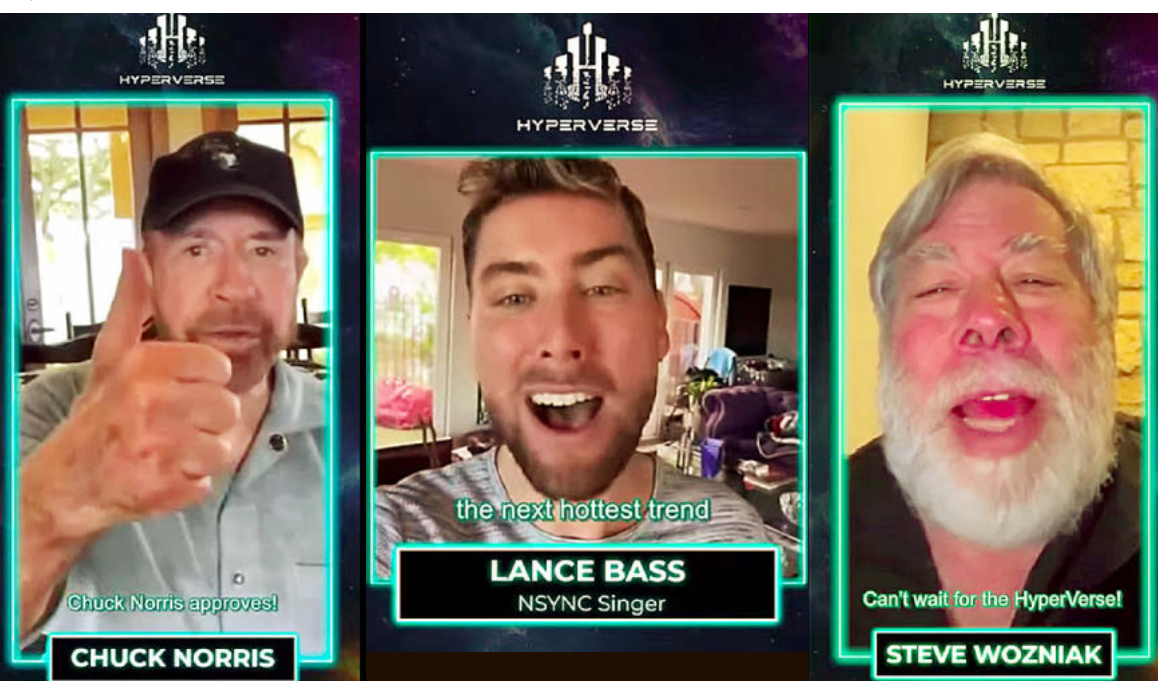
**Crypto lending firm Celsius Network has filed for bankruptcy, cryptocurrencies TerraUSD and Luna have imploded costing investors an estimated \$40bn, and many lesser-known crypto tokens have sunk without trace.**

**Among those getting the blame from shattered savers are the celebrities who went online to hype what turned out to be disastrous virtual assets**

A trio of celebrities were lined up to push cryptocurrency HyperVerse, launched at the start of the year and touting the prospect of "huge profits".

"I'm here to support HyperVerse. I strongly believe metaverse is the future and HyperVerse is one of the biggest ever," said Lance Bass, former singer with boyband NSYNC, in an online video.

Referring to the HyperVerse chief executive Steven Reece Lewis, he



**BLIND FAITH Actor Norris, boy band star Bass and Apple founder Wozniak all hyped the HyperVerse investment**

went on: "Steven and the Hyperverse team will pioneer the next hottest trend, the metaverse awaits and I cannot wait."

Another promoter was movie hardman Chuck Norris, who starred in 1980s hits The Delta Force and Lone Wolf McQuade. "Under the leadership of CEO Steven, HyperVerse will be the leader of metaverse space," he gushed online.

Steve Wozniak, co-founder of

Apple, said in his video: "I'm here to support Steven and HyperVerse."

I've asked all three if they've actually met Steven Lewis but have heard nothing back.

Which didn't surprise me because I suspect that he's a figment of someone's imagination, created to give a false sense of security to this sham.

I can find no record of such a person other than a Twitter account started last year, and Hyperverse has

refused to answer my questions about him.

HyperVerse was aggressively promoted to small savers, especially in Britain.

At its peak, the HyperVerse token was trading at \$7.67, according to price tracking site coinmarketcap.com – and now it's worthless.

No doubt the star backers were just as innocently misled as the investors who lost everything.

## TERRY'S APE IS WAY OFF TARGET

Alongside cryptocurrencies there's another form of investment in the virtual world, unique digital images known as non-fungible tokens or NFTs.

Former England and Chelsea footballer John Terry dived into this market with his Ape Kids Football Club cartoon NFTs.

An early problem was a run-in with the Premier League, which complained that the use of its trophy was a breach of copyright.

Then came a calamitous lack of interest in the project.

Ape Kids Football Club was launched at the start of this year with the tokens trading at around \$656, but the price quickly collapsed and has never recovered, with recent sale prices of around \$15.

Data on the OpenSea NFT marketplace shows that just 2,300 people bought them.



## THERE'S NO MAGIC DRAGONS HERE...

Paul Pogba launched a series of fantasy NFTs last November that featured cartoon eggs which hatched into dragons.

Frenchman Pogba, then at Manchester United, said in a video message: "I am happy to announce to you my partnering with a phenomenal project called Cryptodragons."

"This is my first time getting NFTs so this is huge and you see I'm going to get some dragons' eggs so as you know what's going to happen, I'm going to be the father of the dragons."

The dragons would "Breed, battle, earn" in the metaverse – though early investors are not seeing any earnings.

According to data on OpenSea, the highest selling cryptodragon went for 18 Ethereum on December 26 last year. At the time that was the equivalent of around \$72,000, or £63,000.

Now there's hardly any sales activity and the average sale price is 0.04 Ethereum, or around \$55.

I approached every celebrity named in this piece for comment and the only reply I received was from a spokesman

for Pogba, who's now at Juventus, saying: "I work for Pogba management. No comment about this subject."



## MATT CARPETED FOR HIS COIN AD

Hollywood A-lister Matt Damon starred in an online advert for exchange platform crypto.com, which boasts of having 50 million users trading more than 250 different cryptocurrencies.

In the advert he compares people who put their savings into crypto with great historical explorers and astronauts, declaring: "Fortune favours the brave".

Crypto.com has not revealed how much it paid the actor but what can be calculated is how far the crypto markets have plunged since the advert went online on October 28

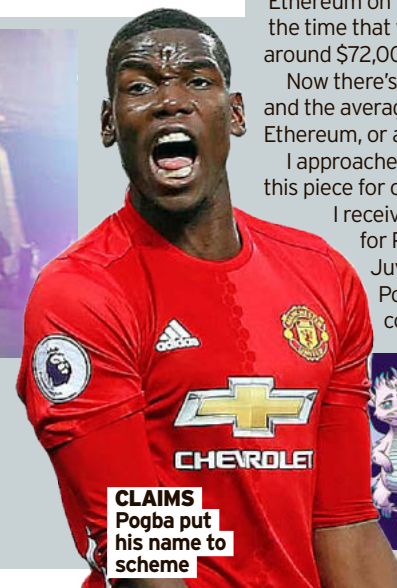


last year. If you put \$1,000 into Bitcoin when the advert was first screened, it would now be worth \$382.

Responses to the advert included an episode of adult cartoon show South Park, where one character says: "My dad said he listened to Matt Damon and lost all his

money," and another character replies: "Yes, everyone did! But, they were brave in doing so!"

One reply on Crypto.com's Facebook page read: "Just remember one thing, when you lose it all, Matt Damon ain't around to save you."





# LICENCE TO TILL

BY DAN WARBURTON

**JAMES Bond films are always pretty corny, but this "maize maze" takes it to a new level.**

The corn field creation has been grown to mark the 60th anniversary of the secret agent movies.

It depicts actors Sean Connery, Roger Moore, Daniel Craig, Timothy Dalton

## Corn maze tribute for 007 films' 60th

and Pierce Brosnan alongside a Bond girl, Monaco casino and Aston Martin.

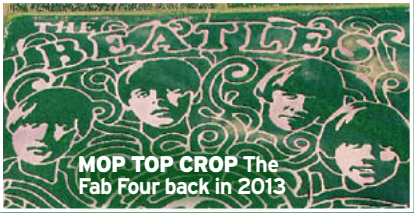
George Richardson of the Richardson Adventure Farm in Spring Grove, Illi-

nois, said: "We are Bond fans. We love all the films. We know the faces are a wow factor."

Previous themes at the farm include The Beatles, Star Trek and the Apollo moon landing.

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[@DailyMirrorDan](https://twitter.com/DailyMirrorDan)



## Bad dreams in 'early link' to dementia

NIGHTMARES could be an early warning sign of Alzheimer's decades before memory problems set in.

Middle-aged people who have frequent bad dreams are much more likely to be diagnosed later in life.

The phenomenon is strongest in men.

The discovery could help doctors screen vulnerable individuals.

Dr Abidemi Otaiku, of Birmingham University's Centre for Human Brain Health, said: "We've demonstrated for the first time distressing dreams can be linked to dementia risk in healthy adults."

"This is important because there are very few risk indicators that can be identified as early as middle age."

## 2-year MOTs a wrong turn, fear drivers

DRIVERS fear proposals to relax MOT rules could cause more problems just to save them a little money.

More than half of respondents (55%) to an RAC poll said they felt halving the frequency of tests from every year to every two was a bad idea.

And some 98% of those believed it would mean more unsafe vehicles on the road.

The RAC's Nicholas Lyes said: "There is a real danger we could see an increase in the number of collisions – and more injuries and deaths – due to unroadworthy vehicles."

The group has written to Transport Secretary Anne-Marie Trevelyan and urged her to scrap the move.



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BY NADA FARHOUD  
Environment Editor

**IVORY from hippos is being sold on eBay and other sites, an animal charity claims.**

More than 600 listings for ivory – worth a total of £1.2million – were on just three websites in a month, researchers for Born Free said.

It became illegal to sell elephant ivory in the UK in June unless it falls under exemptions of the Ivory Act of 2018.

But Born Free said out of the 621 ivory items, it found 239 came from elephants, 33 from warthogs and 32 from hippos.

Some 24 were from walruses, 17 from sperm whales, eight from mammoths, six from narwhals, one from an orca and

# Hippo ivory on eBay

## 100s of online listings for hunted species

six from unidentified marine animals, while 235 items could not be identified.

Some 301 were found on auction site Barnebys, 300 on eBay UK and 20 on Antiques

Atlas. Many were mislabelled as “bone” and Born Free claimed 309 were found to be illegal or possibly illegal, with 236 of these from eBay.

It warned current laws were

not robust enough to protect ivory-producing species.

Frankie Osuch, the report’s author, said: “It’s crucial the Government and e-commerce websites take action to ensure

that any continuing ivory trade at least complies with the law.”

eBay said it had removed the listings, adding: “We take our work to end the sale of ivory very seriously.” Atlas has been contacted for comment. Barnebys could not be contacted.

nada.farhoud@mirror.co.uk  
@NadaFarhoud

**THREAT**  
Hippos are in danger



### Bra-vo to Brooke for Kim shoot



**ELEGANT** Brooke in a Kardashian bra

BY MARK JEFFERIES Showbiz Editor  
MODELLING for Kim Kardashian is certainly keeping actress Brooke Shields on her toes.

Brooke, 57, is keeping up with the Kardashians by slipping into KK’s new SKIMS underwear line.

She said: “I’m so honoured to be in SKIMS first ever bra campaign. These bras are something we can all feel confident and comfortable in.”

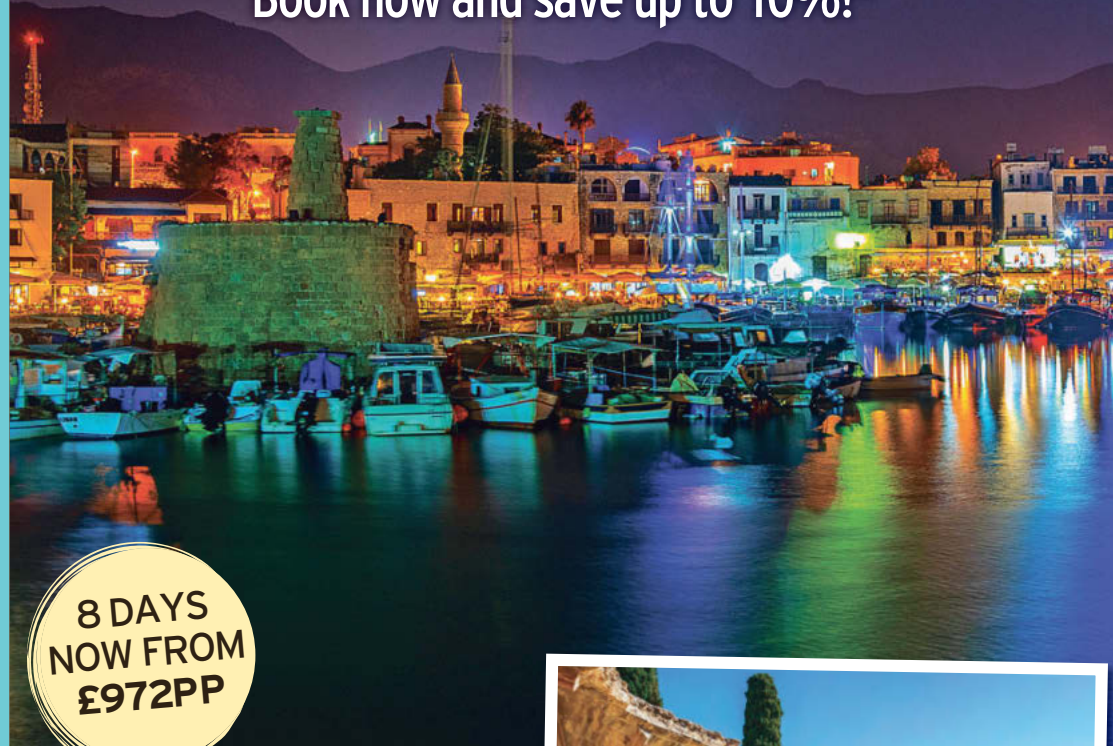
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# HOW MONARCH

## Queen Elizabeth Planetarium

The planetarium was built in Coronation Park in Edmonton, Canada, to help commemorate Her Majesty's visit in 1959.



After falling into disrepair in the early noughties, the attraction has now been renovated.

## Queen Elizabeth Land

This 437,000 sq km area of Antarctica - nearly twice the size of the UK - was unnamed until 2012, when Her Majesty visited.

And in 1931 the Australian Antarctic Territory was given the name Princess Elizabeth Land.



## Queen Elizabeth Islands

The northernmost cluster of islands in Canada's Arctic Archipelago were given Elizabeth II's name after her coronation in 1953.



Previously called the Parry Archipelago, the islands are remote and the 400 Inuits who live there rarely get visitors.

## The Queen Elizabeth II September 11th Garden

This small park in Hanover Square, New York, honours the 67 Britons who were victims of the September 2001 terror attacks. It opened in 2010.



**ROYAL MAIL A young Queen holding a carrier pigeon, which she used to send message in 1943**



## Queenie the Pigeon

Queen Elizabeth has had many majestic and impressive things named after her, but Queenie is one of the more unusual. Officially called GB02ER34, the monarch's racing pigeon went by the nickname of Queenie... and mysteriously went missing back in 2002.

# For Ma

## Queen's name will live on in all our memories.

Canada to Uganda

BY **LYDIA VELJANOVSKI**

**THERE is no doubt that the Queen's name will live on in all our memories.**

But there are many other more things to remember the late monarch and what she left behind.

From cakes to train lines to islands, many things named after her around the world. [lydia.veljanovski@mirror.co.uk](mailto:lydia.veljanovski@mirror.co.uk)

## Elizabeth Line

Construction for the Crossrail high-speed Elizabeth Line stretches through the centre of London from Fenchurch Street in the City to Shenfield in Essex. It was named after the Queen in May to commemorate her 90th birthday year. The £19billion line, which will be the Underground system, will have a colour purple, representing the Queen's favourite colour.

## Queen Elizabeth II International Conference Centre

The Conference Centre, located in the heart of London, was opened by the Queen in 1995. However what lies beneath the building is interesting. There is a network of tunnels housed cables in 1940, to replace the network during the Second World War. So-called "Federal" telephone cables were laid in the 1950s, a concrete block four feet deep below as a safe spot in case of a nuclear attack or dropped during the Cold War.

# I MADE HER MARK AROUND WORLD

# ELIZABETH LIN

# you, am

ill live on... from  
da to Antarctica

## Queen's impressive legacy

angible ways the world will  
hat she meant to everyone.  
ds, these are just some of the  
world.

@LydiaVeljanovs2

project began in 2009. The  
etches from Reading,  
to Heathrow Airport, and  
as officially opened by the  
ate her Platinum Jubilee  
ich is integrated with  
has been given the  
g royalty.

## erence Centre

ted in Westminster near  
the Queen in 1986,  
he building is even more  
rk of secret tunnels that  
lay important messages  
r. It was the Government's  
e exchange. Then, in the  
stores deep was built  
an atomic bomb was  
r.

## Manny Pacquiao's daughter

The Filipino boxing legend and former senator is also a huge fan of Her Majesty, so much so he named his daughter after her.

Explaining his decision in 2008, he said: "My daughter was christened 'Queen Elizabeth' as a tribute to her. She is very popular in the Philippines and I like her very much."

Unfortunately the two never met, despite Manny trying to organise a private meeting a year after "Queenie" was born.

**HOLD THE LINE**  
The Queen arrives at  
Paddington to mark  
the completion of  
London's Crossrail  
project on May 17

**MAJESTIC**  
Manny with  
girl 'Queenie'

**Queen Elizabeth 2**

## The QE2

The Queen Elizabeth 2 - known as the QE2 - is a famous ocean liner which made her maiden voyage in 1969. The cruise ship was designed in Liverpool and built in Scotland, providing a transatlantic service from Southampton to New York. After her final trip in 2008, she ended up in Dubai, where she is now a floating restaurant.

## Queen Elizabeth Cake

During the Queen's coronation in 1953, rationing still existed in Britain and a special cake that needed few ingredients was in order.



An account of the recipe, in an official cookbook, details how it is a low-fat date cake, topped with butter, brown sugar and broiled coconut mixture.

The cake is especially popular among people in Canada.

## Queen Elizabeth Olympic Park

Built for the 2012 Summer Olympics, this sporting complex and public park in East London is a sight to behold.

It has an Olympic stadium, pool, athletes' village and other sporting venues.

The Olympic Park was renamed to mark the Queen's Diamond Jubilee in 2012.



## Queen Elizabeth National Park, Uganda

This is the most popular savannah national park in Uganda and the best spot to see lions, including tree-climbing ones.

The site includes lakes, grasslands, forests and wetlands. It was founded in 1952 but was renamed after a visit from the Queen.



## Queen Elizabeth II Bridge

Travelling around parts of the North East was revolutionised in the 1980s with the arrival of the Tyne and Wear Metro.

A stand-out feature of the rapid rail system is the Queen Elizabeth II Metro Bridge, which links Newcastle and Gateshead across the River Tyne.

The blue structure was opened by Her Majesty in 1981 and large crowds gathered... until the event was cut short by a bomb scare.



## Rosa 'Queen Elizabeth'

The Queen was known for her colourful outfits, so it is only fitting that the flower that has her name is a vibrant pink rose. Bred by rose grower Dr Walter Lammerts in the United States in 1954 - a year after the Queen's coronation - the Queen Elizabeth Rose is a Grandiflora loved by many and has even won awards such as World's Favourite Rose.

LIFE

live it well



# Take a breath

By harnessing the power of your breathing, you can do everything from cutting stress to falling asleep in 60 seconds or less, says **Stuart Sandeman**

**W**e do it all day, every day, but we rarely think about how we breathe. Yet harnessing its power can help improve sleep, boost energy levels and enhance mental health, as well as aiding digestion and recovery from exercise.

What's more, it's free, you can do it any time, and it can give results in as little as 60 seconds.

"Taking control of our breathing can help us in so many aspects of our lives, and anyone can give it a go," says breathwork practitioner Stuart Sandeman, who has more than 50,000 followers on Instagram.

Here, Stuart explains how to tap into the life-changing benefits of breathwork.

## Notice your breath

Take a minute to pause, close your eyes and notice how you're breathing.

Watch and feel how you're breathing – is it through your nose or your mouth? Does your belly expand first or does your chest? Is there any tension in your body? Are you breathing quickly?

Make a mental note.

## Take a belly breath

When we take a deep breath, the diaphragm is pushed downwards, pushing out the belly. However, when we breathe into our chest it's a shorter, shallower breath, which sets off alarm bells in the body, creating a stress response.

A belly breath is slower and helps the body unwind. It puts us in a natural state of calm, so try breathing into your abdomen for 60 seconds.

## Breathe out

If in doubt, breathe it out. If you're feeling stressed or overwhelmed, it's harder to use the part of the brain that allows us to come up with solutions.

If you're feeling overwhelmed, breathe in for a count of four through your nose, feeling your belly rise.

Hold it for four counts, then breathe out for a count of eight. You'll start to feel the effect within seconds, as it flicks the body's "off switch" and tells the body that everything is OK.

One round will help, but do it for a minute to get best results.

## Navy SEAL breath

Navy SEALs use this technique before going into a hostile environment. And it can help prepare the mind and

body for challenging situations, such as an important phone call or a meeting.

With this type of breathing, the in breaths and out breaths are equal, so it balances the nervous system and the chemistry in the body.

First, breathe in for a count of four, then hold the breath for four, breathe out for four and hold for four. Do this for a minute.

## Breathe yourself to sleep

This exercise increases the amount of carbon dioxide in the body, which helps us to feel drowsy and drop off to sleep.

It's a useful one to do when you go to bed, or if you wake in the middle of the night and can't nod off again. Start by breathing in

through your nose for four counts, allowing your belly to rise, then hold the breath for seven counts, before letting it out through your mouth for eight counts.

Feel your whole body become relaxed and heavy as you do this for one minute.

## Energy booster

Instead of reaching for yet another cup of coffee, why not try an energising breath?

This will help flick the "on switch" in the body, giving a much-needed boost. Breathe in through your nose, into your belly for half a breath, then into your chest for a half breath. Then breathe out fully.

Repeat this 16 times.

If you're feeling light-headed, stop and let your breathing return to its normal rhythm.

As it activates the body's stress response, take advice from a doctor before trying this if you have heart problems or are pregnant.

## Get ready to eat

When we feel stressed, the body doesn't digest food properly, which can lead to weight problems and digestive issues over time.

Do this to relax your body and get into the optimal state for eating a meal.

First, breathe in through your nose for five counts, feeling your belly rise, then breathe out through your mouth for a count of 15, letting your whole body relax. Do three repetitions of this.

**■ Breathe In, Breathe Out: Restore Your Health, Reset Your Mind and Find Happiness Through Breathwork by Stuart Sandeman (£16.99, HQ) is available now**

INTERVIEW BY ELIZABETH ARCHER

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Edited by MERNIE GILMORE

# Work it out

BY EMMA JOHNSON

With increasingly relaxed dress codes, we have never had a greater choice when it comes to workwear.

You may be back in an office, but many people are also permanently working from home. Even so, with Zoom calls and the like, it doesn't mean you can rock up to your desk in loungewear like during the pandemic.

If your company requires business or semi-formal attire, consider brightening up your nine

to five by swapping navy and grey tailoring for some brighter colours. Scarlet, emerald green and bright pink are having a moment when it comes to suits this season, and are sure to get you noticed in your next meeting.

If you prefer the simplicity of a dress, a colour-block fitted midi or a smart shift is an easy option, while a shirt or wrap dress in a lively print looks as good in your weekend wardrobe as your workday one.

These are a definite win in these tough times, when we need our clothes to work as hard as we do.



Wrap dress, £41.39; sandals, £29.99, both Yours at debenhams.com



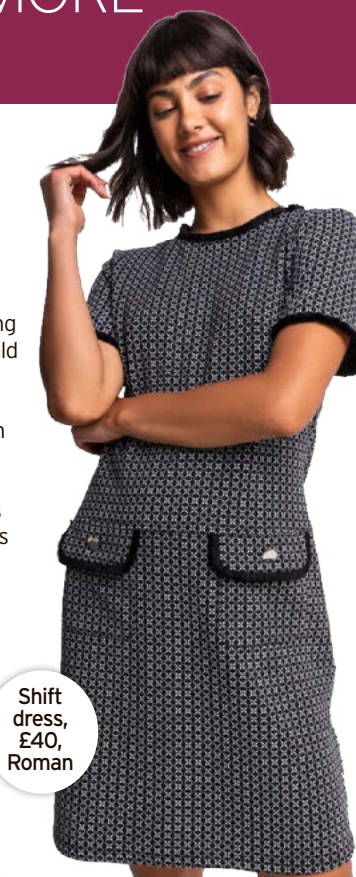
Blazer, £79.99; trousers, £32.99; sweater, £49.99; sandals, £59.99, all Zara



Print dress, £34; shoes, £24.99, both M&Co



Blazer, £65, Freemans; trousers, £39; blouse, £35, both Love Mark Heyes, all at freemans.com; shoes, stylist's own



Shift dress, £40, Roman



Tunic, £20; trousers, £18, both Bon Marche

## 10 of the best Smart bags



Tan shopper, £32, Next



Green grab handle, £85, Dune



Blue ombre, £89, Charles & Keith



Red tote, £18.99, New Look



Sage tote, £90, Lulu Guinness



Cream tote, £29.99, Zara



Black leather, £89, Marks & Spencer



Tan buckle, £49.99, Mango



Black tote, £21.99, Anna Field at Zalando



Snakeskin, £42, Aldo

## TOP of the SHOPS

Mernie Gilmore finds out what's hot to shop this week

### PETS

Obsessed with your four-legged friend? Then why not celebrate them with a gorgeous personalised gift from Yappy. With more than 300 cat and dog breeds to choose from, you'll be sure to find the perfect likeness for your pet, which can then be used to decorate a whole range of fun products. We love this cute peeking dog mug, £12.99 at yappy.com.



### EAT

We love Pip & Nut butters, which are as delicious on toast as they are drizzled over porridge. They've added a new flavour - Pip & Nut Sweet & Salty Peanut Butter, £3, which is packed with high-protein peanuts and slightly sweetened with agave syrup. It contains no palm oil either, making it an eco-friendly choice. Available in Waitrose.



### DRINK

Here's a delicious way to get your morning caffeine fix. Califia Farms has launched a suitably autumnal Pumpkin Spice Cold Brew Coffee, £2.75. This vegan drink is a delicious blend of almond milk, cold-brew coffee, pumpkin puree and spices, and can be served hot or cold. Pick up a bottle in Sainsbury's.



### BEAUTY

Dove has teamed up with Stacey Solomon to launch a range designed to add a little self care to your life. So why not treat someone you love (or yourself) to Dove x Stacey Solomon Bathe & Bloom Gift Pack, £20, which contains bath soak, a beauty bar, body lotion and a shower puff. Find it in Asda and Boots.



### HOME

Autumn is definitely here so why not get cosy with some great value homeware from George at Asda. Its latest collection is packed with warm autumnal shades and woodland animal motifs. There are cushions, throws and lights to choose from, but we've got our eye on these cute squirrel towels, from £4.50.



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The death of Her Majesty Queen Elizabeth II during the afternoon of September 8, 2022, brought with it the end of two incredible stories — the 70-year reign of our longest reigning monarch and the 96-year life of a remarkable woman, mother, grandmother and great-grandmother.

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## DEAR COLEEN



# Husband left out of the blue to live with his workmate

Dear Coleen

I split with my husband when our daughter was only a year old. It happened a few months ago and, at the time, I was utterly devastated.

He told me how he felt one Saturday morning after we'd had sex the night before. I couldn't believe what I was hearing – I was just so shocked.

He kept going on about "finding himself" and being "truly happy", and that he'd always be here for our daughter and for me, but he didn't want to be in the marriage.

He said he should have trusted his instincts and ended things before we married, but he loved me and thought it could work. His reasons were all pretty vague and were all news to me.

Fast forward to now and I'm slowly getting back on my feet. However, I've just been dealt another blow, as I've found out my ex is shackled up with a woman he works with.

We're not even divorced and we've only been separated a few months.

I now think they'd been having an affair and that was the real reason for him leaving.

I'm so angry and hurt, and don't know what to do with these feelings. Do I go round there and confront them to get the truth? Please help.



Coleen says

I don't see the point in that – the truth is pretty much staring you in the face. But whether or not he started this affair before you split, it's happened, they're together and those are the facts.

Of course you're going to feel angry and hurt, and this revelation has opened a wound, but you've had lucky escape. He's shown what kind of person he is – untrustworthy, unreliable, cowardly – and you deserve better.

Whatever his reasons, whatever his excuses, it's done and the only thing that will make you feel better is to move forward positively. Yes, there

will be days when you want to smash the house up and that's completely normal.

You could get those feelings out in counselling. You could also write him a letter, so he at least knows how you feel but, honestly, the best form of revenge is getting happy. I think you've come a long way in getting over him, but you're just angry right now.

As long as he sticks to his commitment to be there for your daughter, that's the main thing. Don't use her as a way of hurting him – it's an easy thing to do, but so wrong. In the long run it's better for everyone that she has a close and loving relationship with her father.

**“Do I go round and confront them to get the truth?”**

## COLEEN'S WORDS OF WISDOM

Bereavement has been on all our minds in recent days and it can be especially hard for children to process. Don't avoid talking about a loved one who's passed on – celebrate them by sharing how they brought happiness to your lives.

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\*\*The Mirror's 2021 Holiday Survey. Based on 10,000 responses.

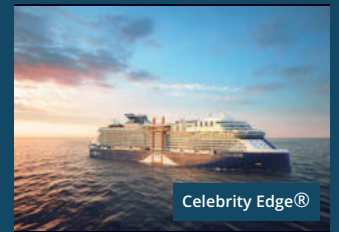
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2 night four-star stay in Lake Iseo at the Hotel Rivalago or similar

1 night four-star hotel stay in Florence at the Starhotels Michelangelo or similar

All hotel stays include breakfast

#### All flights & transfers

(London departure - regional flights available)

\*Prices based on 6 May 2023 departure.

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YOUR DAILY MIRROR COMMUNITY CORNER

# Let's do this together

Edited by **SIOBHAN McNALLY**

The Dark Lord burst into the kitchen and demanded to make a TikTok snack hack while I was cooking the Monday roast. We moved it from Sunday to Monday this week since we were at home for Her Majesty's state funeral.

I was listening to the BBC on the radio, while The Dark Lord was watching 15-second snippets on TikTok. Whenever she spends too much time on that silly video app she always gets strange urges to make weird food.

I can see a time when this generation's teenagers are parents, and instead of making sausages and mash for tea, they knock up a viral TikTok of no-bake engine oil cheesecake, or dog food cereal.

"Do we have a cucumber?" she asked, looking in food cupboards where there are clearly no cucumbers.

"Here on planet Earth we keep them in the fridge," I said patiently, while peeling potatoes.

"And chopsticks?" she asked, looking in the tea towel drawer.

"Eating utensils drawer," I sighed, pulling it out for her.

"What disgusting straight-to-bin mash-up are you planning to make today?" I asked, while she laid the cucumber on the chopping board, with the chopsticks either side.

"Watch this," she said proudly, then proceeded to slice the cucumber across-ways, then slashing while turning it several times.

She then picked up the cucumber and said, "Ta-daaaaa. Spiral cucumber. Isn't it awesome?"

I stood, open-mouthed, half-peeled potato in hand, looking at the dangling cucumber. "Amazing," I said, meaning quite the opposite.

She then tossed it to one side and walked off. "Er, excuse me - you forgot your cucumber snack."

"Oh it's not for eating," she said, going back upstairs.

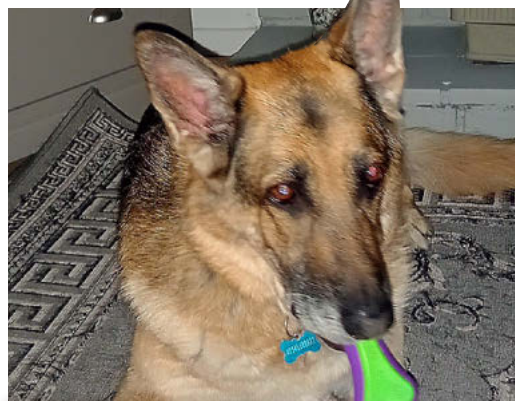
"Oh I think you'll find it is," I said firmly, picking it up and putting it on her plate.

"We don't waste food round here - you'll be eating roast chicken and green slinky for dinner!"

■ Email me at [siobhan.mcnelly@mirror.co.uk](mailto:siobhan.mcnelly@mirror.co.uk) or write to Community Corner, PO Box 791, Winchester SO23 3RP.

➔ Please note, if you send us photos of your grandchildren, we'll also need permission of one of their parents to print them... Thanks!

*Yours, Siobhan*



## SILLY PET SELFIE

Sun's out, tongue's out

"This is my German shepherd Tillie. She was a working guide dog but is now retired and has lots of time for her toys," says Kate Ings from Fordingbridge, Hampshire.

"Only only trouble is she doesn't play with them - she just carries them around in her mouth. This one always looks like a huge, green tongue!"

■ Is your pet a star? Email your snaps in to [siobhan.mcnelly@mirror.co.uk](mailto:siobhan.mcnelly@mirror.co.uk)



## MY AMAZING ARTWORK

The nation's gardeners have been growing sunflowers in backyards and allotments up and down the country this summer in support of the people of Ukraine.

One community in the small Hampshire town of Whitchurch has been planting seeds produced in Ukraine to raise money for those affected by the conflict.

Local photographer Daniel Norwood captured the town's spirit with his shot of Ukraine's national flower against a backdrop of suburban Britain.

The glorious sunshine this year has helped sunflowers grow taller than ever before - hopefully a sign that peace and unity will once more come to Ukraine.

■ Send snaps of your work to [siobhan.mcnelly@mirror.co.uk](mailto:siobhan.mcnelly@mirror.co.uk) and don't forget to include a selfie, age and location, and tell us what inspires you.

September's empty nest theme continues with *The Train Journey*, by Nicola Burdis.

The 54-year-old from Birmingham says: "I pull a trolley on Cross Country trains and I raised three children on my own after divorce. The youngest is at university and my eldest two have moved in with their girlfriends."

"I miss them terribly, and when my youngest told me how much I've influenced him to strive hard in life, it inspired my story."

It was a crisp September morning, the chill in the air a reminder that summer has come to a close, with the promise of darker, cooler days ahead.

"Nothing can dampen my mood today though," I thought, as I dashed from the escalator to the platform, then made my way down to my train.

I waited patiently while people organised their luggage onto the racks before plonking myself into my seat with a sigh of relief.

I thought joyfully, "I'll be seeing the boy in a couple of hours and I can't wait!"

Just then the retail trolley clattered into the coach, I smiled at the sight of the goodies and the smiling hostess.

"I'll have a latte, please," I asked, as she grinned at me and poured the hot water into the cup, saying, "Off anywhere nice today?"

I was bubbling over with my news. "I'm going to see my son at uni. It seems like ages since I've seen him." She nodded and said,

## READER'S SHORT story



"Yes it's my daughter's first day at school today, it gives you a tightness in your heart, doesn't it!"

She laughed as she said it, but I could see concern in her eyes.

"I know, and she will be fine, but we're just programmed to worry the minute they pop into our world!"

We both chuckled at that.

"Enjoy your day!" she smiled and then continued to tug her trolley through the doors into the next coach.

I got off the train and suddenly there he was. Taller than ever, all arms, legs, elbows and ruffled hair, his face serious and a little pale, but his green eyes shining and his lopsided grin as adorable as ever.

My heart lurched... Alex!

I hugged him close and he laughed and said, "Good to see you, mum. I'm glad your recovery programme went well. I'm so incredibly proud of you."

I laughed and said, "Ditto!" linking arms with him. "So where are we going to lunch then, son?"

He smiled and kissed my cheek. "Well done, mum. I know it was hard for you to give up your wine. Now I know where I get my determination from."

My eyes were damp, but my heart felt full of love. I was so glad to see the shining admiration in his eyes for me, as I've always felt for him.

■ Your 500-word short story can be fact or fiction. Send to [siobhan.mcnelly@mirror.co.uk](mailto:siobhan.mcnelly@mirror.co.uk)



## Country show

Obviously it was only a matter of time before cheeky gardeners started sending in tomatoes that look like a chap's giblets.

Father and daughter gardeners, Barry and Katie Floyd, who live in Bury, Gtr Manchester, are still chuckling over their rude specimen.

Katie writes: "Christine Tavernor's Alicante variety tomato last week might have won by a nose - but what do you think this one would win by? Ha ha!"

■ Email your harvest's weird and wonderful specimens to [siobhan.mcnelly@mirror.co.uk](mailto:siobhan.mcnelly@mirror.co.uk)

## THOUGHT OF THE DAY

*I've had many baking disasters but whatever it is, I'll cover it with icing and sprinkles and say a child has made it.*

**RYLAN CLARK-NEAL**



I hope the Bake Off team are ready this autumn to carry the mental wellness of the entire nation on their backs

Share your tips, pictures and hobbies, tell us the quote you live by, or nominate your hero of the day. Whatever is happening in your life and whatever you're talking or thinking about, we want to hear it. Email us at [siobhan.mcnelly@mirror.co.uk](mailto:siobhan.mcnelly@mirror.co.uk), write to Community Corner, PO Box 791, Winchester SO23 3RP, or join the conversation on this Facebook group [www.facebook.com/groups/coronavirusnewsupdates](https://www.facebook.com/groups/coronavirusnewsupdates)

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30

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# TODAY'S TV

with SARA WALLIS



**CONCERN**  
Dawn is worried ahead of visit

**EMMERDALE**  
ITV, 7.30pm

Dawn is feeling really anxious ahead of the visit from social services but it's not long before she's beaming at the news that Clemmie is going to be staying.

However, rushing over to the sound of a scream, they're horrified when it seems Clemmie has bitten Millie.

Faith has another episode and Chas is put out to hear this isn't the first time this has happened. Faith quietly fights tears as her children bicker over her illness and draw up a plan to "babysit" her.



**DATE** Kheerat is urged to go to the opening

**EASTENDERS**  
BBC1, 7.30pm

In an hour-long visit to Albert Square tonight, Frankie tells Callum about her fears over moving to Scotland. And she watches as Sonia urges Janine to tell Mick about the pregnancy.

Rocky tries to contact Dotty but it gets awkward at the Taylor household as Felix and Finlay see that Dotty stayed the night.

Later on, Mick prepares for Linda's hearing and Linda opens up to Sharon about her feelings for Mick.

Eve and Stacey encourage Kheerat to attend the opening of Walford East.

PICK  
of the  
DAY

**BACK ON  
BIRTH  
BEAT**  
Nervous  
Emma



## It's Em for maternity

**EMMA WILLIS:  
DELIVERING BABIES**  
W, 9pm

**IT feels like the first day back at school again for Emma Willis, who returns to life delivering babies at the Princess Alexandra Hospital in Harlow, Essex.**

"When I get there the butterflies will kick in and I'll panic but at least this time I'll be going in with a little bit of knowledge," says the mum-of-

three most used to presenting prime-time entertainment telly.

There is far less glamour on a maternity ward, but it was Emma's childhood dream to follow in her mum's footsteps – and she started training as a maternity care assistant in 2018 in the first series of this documentary before qualifying during the 2019 series. So you have to hand it to her that she is in this for all the right reasons. Emma has not been to

the hospital for three years due to the pandemic and has spent a lot of time thinking about the staff.

"The fear at the beginning was unbelievable," says practice development midwife Claire.

Within five minutes Emma is crying as she sees all her old colleagues again.

But births don't wait for tearful reunions, so it's straight back on the ward. Emma will assist in everything

from high-risk caesareans to working on postnatal wards.

There's lots to remember and she's given a refresher on the jobs she'll soon be expected to do alone, like carrying out the pre-operative checks and monitoring blood loss.

She is also asked to assist in theatre – but having been away for a while, she finds it challenging.

"It's like riding a bike," says a theatre support worker. Emma isn't so sure.



**PRESSURE  
COOKING**  
For finalists  
Danny, Lisa  
and Mel

**CELEBRITY MASTERCHEF:  
THE FINAL**  
BBC1, 8.30pm

There have been kitchen fires, a lot of panic and food so revolting dished up it's a wonder that John Torode and Gregg Wallace haven't ended up with food poisoning.

After the usual long haul to the final, 20 celebrities have now been whittled down to just these three – TV host Lisa Snowden, singer Mel Blatt and musician Danny Jones.

Just one challenge stands between them and the trophy.

The three finalists must now cook and present a faultless three-course

meal in just two hours for the ultimate judgment.

No one will get away with offering up a basic dish. On the menu is everything from steak tartare and crispy fried prawns to dumplings filled with bananas, mackerel with rhubarb and a cocoa tart.

Danny has the shakes but wants to "master MasterChef" while Mel is on a mission and Lisa is "buzzing" as she tries to challenge herself.

They are all just a bit overexcited, like kids in a sweetshop, as they get cracking in the kitchen.

It all builds to a tense... and closely-fought... finale.

**JOHN & JOE BISHOP:  
LIFE AFTER DEAF**  
ITV, 9pm

Comedian John Bishop's eldest son Joe lost most of his hearing at the age of 15 due to an autoimmune condition that causes progressive deafness.

After more than a decade of trying to "fix" Joe's hearing, the family has come to the realisation that it is now time to reconsider and find out more about the deaf community.

John has set himself the target of delivering an entire signed stand-up comedy gig to a deaf audience.

That means mastering a totally new

language and different way of performing. This incredibly moving documentary follows John and Joe, now 28, as they journey into the deaf community and unpack the issues the family has faced.

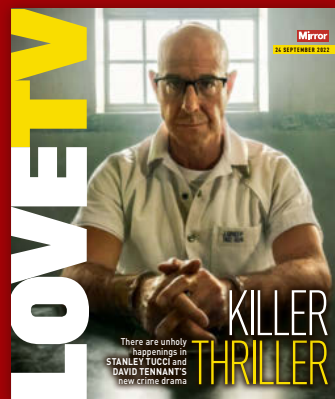
After months of preparation, John will deliver his signed set to a deaf audience – alongside established deaf comedians. It promises to be the most challenging performance he's ever taken on.

John says: "Before we started this journey, we could never have imagined what an impact it would have on us as a family."



**CHALLENGE** John with his son Joe

In the **DAILY MIRROR** Saturday



All the new shows, soap news and 7-day listings

More TV and film news online at [mirror.co.uk/tv](http://mirror.co.uk/tv)

Today's TV previews are on the previous page

All programmes are listed in British Summer Time (BST).

film ratings

★★★★★ Brilliant  
★★★★ Very Good  
★★★ Good  
★★ Average  
★ Bad

(R) Repeat

BBC ONE

**6.00am Breakfast** News headlines.  
**9.15 Morning Live** Magazine.  
**10.00 Northern Justice**  
**10.30 For Love or Money** (R)  
**11.15 Homes Under the Hammer** Properties in Surrey, Merseyside and London.  
**12.15pm Bargain Hunt** Natasha Raskin Sharp presents the show from Peterborough. (R)  
**1.00 BBC News at One; Weather**  
**1.30 Regional News; Weather**  
**1.45 Doctors** Daniel has an uphill battle to prove himself to Izzie.  
**2.15 Money for Nothing** Upcycling a wardrobe and some hardwood shelves. (R)  
**3.00 Escape to the Country** A would-be buyer looks to swap Hong Kong for Yorkshire.  
**3.45 Antiques Road Trip** Natasha Raskin Sharp and Charles Hanson travel from East to West Yorkshire.  
**4.30 The Tournament** Knockout quiz, hosted by Alex Scott.  
**5.15 Pointless** Quiz show.  
**6.00 BBC News at Six; Weather**  
**6.30 Regional News; Weather**

BBC TWO

**6.30am Money for Nothing** (R)  
**7.15 Antiques Road Trip** (R)  
**8.00 Sign Zone: Fake or Fortune?** A couple who believe their painting is by Impressionist Alfred Sisley. (R)  
**9.00 BBC News** Headlines.  
**12.15pm Politics Live** The latest stories from Westminster.  
**1.00 Chase the Case** Gameshow hosted by Dan Walker. (R)  
**1.45 Eggheads** Quiz show. (R)  
**2.15 Glorious Gardens from Above** Christine Walkden is above Gloucestershire. (R)  
**3.00 Flipping Profit** Raising money for Children in Need. (R)  
**3.45 Home Is Where the Art Is** Three contestants compete to create a piece of artwork. (R)  
**4.30 Murder, Mystery and My Family** Reinvestigating a lethal shooting from 1937. (R)  
**5.15 Flog It!** Paul Martin presents from Belfast. (R)  
**6.00 Richard Osman's House of Games** With Charlie Baker, Val McDermid, Martin Offiah and Rebecca Lucy Taylor.  
**6.30 Unbeatable** Quiz show.

ITV

**6.00am Good Morning Britain** News and current affairs.  
**9.00 Lorraine** Entertainment and fashion news.  
**10.00 This Morning** Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more.  
**12.30pm Loose Women** Celebrity interviews and topical debate.  
**1.30 ITV News; Weather**  
**1.55 Regional News; Weather**  
**2.00 Dickinson's Real Deal** David Dickinson and his team travel around the country assessing items brought in by members of the public, who either take the cash for their antiques or gamble at auction.  
**3.00 Tenable** A team of five podcast-producing friends answer questions about top 10 lists in the quiz show.  
**3.59 Regional Weather**  
**4.00 Tipping Point** Quiz show.  
**5.00 The Chase** Quiz show.  
**6.00 Regional News; Weather**  
**6.30 ITV Evening News; Weather**

CHANNEL 4

**6.10am Countdown** Russell Kane is in Dictionary Corner. (R)  
**6.50 3rd Rock from the Sun** (R)  
**7.40 Everybody Loves Raymond** Triple bill of the sitcom. (R)  
**9.00 Frasier** Triple bill. (R)  
**10.30 Ramsay's Kitchen Nightmares USA** Gordon Ramsay is in Washington. (R)  
**11.25 Channel 4 News Summary**  
**11.30 The Great House Giveaway** Teacher Olivia and security officer Gethin renovate a drab and dated two-bed terrace. (R)  
**12.30pm Steph's Packed Lunch** Steph McGovern presents the weekday magazine.  
**2.10 Countdown** Noreen Khan is in Dictionary Corner.  
**3.00 A Place in the Sun** Laura Hamilton helps a couple find a holiday home in France. (R)  
**4.00 Chateau DIY** Tim and Sasha host a wedding, but the heat works against them.  
**5.00 Moneybags** Kevin Duala guest hosts the quiz show.  
**6.00 Hollyoaks** Double bill. Victor forces Sid to sell drugs; the McQueens are furious. (R)

CHANNEL 5

**6.00am Milkshake!** Children's TV.  
**9.15 Jeremy Vine** Discussion.  
**12.45pm Holiday Homes in the Sun** Amanda Lamb, JB Gill and Sam Pinkham are in Amalfi.  
**1.40 5 News at Lunchtime**  
**1.45 Home and Away** Tane takes the fall to save Nikau's reputation. Cash struggles with the knowledge that he killed someone.  
**2.15 FILM The Drowning** (2021, PG) When Heather discovers her teenage daughter Ally is missing, the local police assume she drowned, but the mother refuses to accept their explanation. Thriller, starring Rene Ashton. ★★  
**4.00 Bargain Loving Brits by the Sea** In Skegness, entrepreneurs Taj and TK Bola plan a new initiative for their holidaymaker guests. (R)  
**5.00 5 News at 5**  
**6.00 Cash in the Attic** Helping people make money from the items they have accumulated over the years.  
**6.55 5 News Update**

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7

**7.00 The One Show** With Alex Jones and Ronan Keating.  
**7.30 EastEnders** Double bill. Frankie sees Sonia and Janine talking about the pregnancy; Linda attends her court hearing, where she opens up to Sharon about her feelings for Mick. The Panesars throw an opening party for Walford East, and Dotty and Bobby clash.

8

**8.30 Celebrity MasterChef** The remaining contenders compete in the final, tasked to cook and present a faultless three-course meal for John Torode and Gregg Wallace.

9

**9.00 Crossfire** Jo faces a stand-off with Flavio, while in the kitchen, Gerardo terrorises his hostages, including Miriam and Abhi – but with the arrival of special forces, things are soon brought to an explosive climax. Last in series

10

**10.00 BBC News at Ten** A round-up of today's headlines.  
**10.30 Regional News; Weather**  
**10.40 Question Time** Fiona Bruce hosts the topical debate from Grimsby, Lincolnshire, with a panel of politicians and other guests facing a selection of questions from the audience.

11

**11.40 Newscast** A weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics.

12

midnight

**12.10am** The Secrets She Keeps. A grief-stricken Meghan navigates a nightmare in prison, while Agatha's dream of motherhood seems destined to be stripped away by forces outside her control. Laura Carmichael stars. (R)  
**12.55 Weather** for the Week Ahead  
**1.00-6.00am** BBC News. Headlines.

**7.00 Villages by the Sea** Archaeologist Ben Robinson uncovers evidence of the German occupation of the Jersey village of Gorey.  
**7.30 Iolo: A Wild Life** Iolo Williams goes river dipping in the Severn near Newtown.

**8.00 Saving Lives at Sea** On Ireland's north-west coast, the RNLI crew at Bundoran races to the rescue of a teenage girl who has been swept out to sea by a rip-current. In Portishead, north Somerset, a man suffers chest injuries.

**9.00 All That Glitters: Britain's Next Jewellery Star** Katherine Ryan welcomes back four semi-finalists to the workshop in Birmingham's jewellery quarter, where they create beautiful pieces in two penultimate challenges.

**10.00 Live at the Apollo** Loyiso Gola introduces fellow comedians Scott Bennett and Helen Bauer to the stage of the legendary Hammersmith venue. (R)  
**10.30 Newsnight** Analysis of the day's events with Kirsty Wark.

**11.15 Stolen: Catching the Art Thieves** Three paintings stolen at gunpoint from Stockholm's National Museum in 2000 take investigators on a complex hunt from Russian organised crime to the glittering hills of Hollywood. (R)

**12.15am Sign Zone: Celebrity MasterChef.** The remaining contenders compete in the final, tasked to cook and present a faultless three-course meal. (R) **12.45 Sign Zone: Martin Compston's Scottish Fling** (R) **1.15 Sign Zone: How To with John Wilson** (R) **1.45-6.30am** This Is BBC Two

**7.30 Emmerdale** While Liam is shocked, Dan is left concerned, and Dawn is anxious. Long-running soap opera following the ups and downs of village life amid the rolling scenery of the Yorkshire Dales, starring Jonny McPherson, Liam Fox and Olivia Bromley.  
**8.30 The Martin Lewis Money Show Live: Cost of Living Special** The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further.

**8.30 The Martin Lewis Money Show Live: Cost of Living Special** The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further.

**9.00 John & Joe Bishop: Life After Deaf** Comedian and actor John Bishop's eldest son, Joe, has an autoimmune condition causing progressive deafness. After a decade of trying to 'fix' Joe's hearing, the family come to the realisation that it is now time to reconsider and find out more about the deaf community.

**10.05 ITV News at Ten; Weather**  
**10.35 Regional News; Weather**  
**10.50 Life After Deaf Stand Up Show** John Bishop headlines a night of British Sign Language comedy alongside Gavin Lilley, Ray Bradshaw, Ace Mahbaz, Leah Francisco and John Smith.

**11.35 Heathrow: Britain's Busiest Airport** A surprise lies in store for passengers flying to Heathrow's top European destination. (R)

**12.05am All Elite Wrestling: Rampage.** Hard-hitting, high-flying wrestling action with many of AEW's biggest stars. Jlm, Ross, Excalibur, Tony Schiavone and Chris Jericho present. **1.10** Home Shopping **3.00** Dickinson's Real Deal (R) **3.50** Unwind with ITV **5.00-6.00am** Tenable (R)

**7.00 Channel 4 News** The latest news headlines, featuring in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

**8.00 The Great British Bake Off: An Extra Slice** Jo Brand hosts the companion show to the popular baking contest, featuring unseen footage from the programme and an interview with the week's eliminated baker.

**9.00 My Grandparents' War: Keira Knightley** Documentary following actress Keira Knightley as she unearths a deeply moving story of resilience and love concerning her grandparents, Mac and Jan MacDonald.

**10.00 Naked Attraction** After dating men, 26-year-old dog groomer Nico has realised she's barking up the wrong tree and actually prefers women. She's hoping to find her the perfect partner able to get her all hot under the collar.

**11.05 Embarrassing Bodies** Dr Jane Leonard meets meet a woman whose severe skin condition has left her unable to leave the house. Dr Tosin Ajayi-Sotubo advises a patient who has been living with hair loss since she was a child. (R)

**12.10am First Dates Hotel.** Animal lover Sophie is paired with Billy, who has a collection of pet tarantulas. (R) **1.00** Ramsay's Kitchen Nightmares USA (R) **1.50** Couples Come Dine with Me (R) **2.40** Lata in Her Own Voice (R) **2.50-6.10am FILM** Mughal-E-Azam (1960, PG) Indian historical epic. ★★★★★

**7.00 Save Money on Your Supermarket Shop** Alexis Conran investigates how supermarket clothing matches up to the high street for quality and cost, and Angellica Bell investigates healthy ofal.

**8.00 NEW Westminster Abbey: Behind Closed Doors** A look inside one of the UK's most renowned and historical buildings. Cameras follow the huge recovery efforts of the Abbey's 300-strong team of staff and volunteers; 5 News

**9.00 All Creatures Great and Small** James struggles to get Siegfried to let him take the reins. With Helen's help, James learns how much money Skeldale could make from the Ministry of Agriculture's lucrative bovine TB testing scheme.

**10.00 Ben Fogle: New Lives in the Wild** Ben meets Lucy, who left Britain to start a new life with her husband Tim on New Zealand's north island. They now live with their two daughters beside a river in the middle of woodland. (R)

**11.05 Police: Night Shift 999** Sgt Gladwin is caught off guard when a routine area search leaves him surrounded by an aggressive family, while an assault at a nightclub brings aggression and verbal abuse for police. (R)

**12.05am Motorway Cops: Catching Britain's Speeders** **1.00** Entertainment News **1.05** The LeoVegas Live Casino Show **3.05** British Airways 24/7: Access All Areas (R) **3.55** Made in Yorkshire (R) **4.40** Now That's Funny! (R) **5.30** Peppa Pig (R) **5.35** Paw Patrol (R) **5.50-6.00am** Thomas & Friends (R)

ITV2Freeview 6

**6.00am** World's Funniest Videos **7.00** Dress to Impress **8.00** Secret Crush **9.00** Veronica Mars **10.00** One Tree Hill **11.00** Hart of Dixie **12.00noon** Supermarket Sweep **1.00** The Masked Singer US **3.05** Veronica Mars **4.00** One Tree Hill **5.00** Hart of Dixie. Comedy drama.

**6.00** **Celebrity Catchphrase** With James Jordan, Fiona Wade and Louis Walsh.

**7.00** **Secret Crush** Millie wants answers and will not stop until she gets them.

**8.00** **Bob's Burgers** Double bill.

**9.00** **Family Guy** Animated antics.

**9.30** **Family Guy** Animated antics.

**10.00** **Shopping with Keith Lemon** Keith goes antique hunting with Danny Dyer.

**10.30** **Family Guy** Double bill.

**11.30** **American Dad!** Francine gets involved in Steve's role-playing game.

**12.00m't** American Dad! **12.30** Bob's Burgers **1.30** All American **2.30** Totally Bonkers Guinness World Records **5.30-6.00am** Teleshopping

DAVEFreeview 19

**6.00am** Teleshopping **7.10** Lazy Boy Garage **8.00** Border Force: America's Gatekeepers **9.00** Storage Hunters UK **10.00** Sin City Motors **11.00** Extreme Heights Repair Team **12.00noon** Bangers and Cash **1.00** Border Force: America's Gatekeepers **2.00** Top Gear **3.00** Rick Stein: From Venice to Istanbul **4.00** Top Gear **5.00** Rick Stein: From Venice to Istanbul

**6.00** **Taskmaster** Gameshow.

**7.00** **Richard Osman's House of Games** Sara Pascoe, Angela Scanlon, Rick Edwards and Clive Myrie test their skills.

**7.40** **Room 101** With David Tennant.

**8.20** **Would I Lie to You? The Unseen Bits** Extra material from the series.

**9.00** **QI XL** With guests Susan Calman.

**10.00** **Late Night Mash** With Rachel Parris.

**11.00** **Question Team** With Jonathan Ross.

**12.00m't** Mock the Week **12.40** QI **1.15** QI XL **2.25** Room 101 **3.25** Mock the Week **4.00-6.00am** Teleshopping

E4Freeview 13

**6.00am** Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **8.00** Black-ish **9.00** How I Met Your Mother **10.00** The Big Bang Theory **11.00** Young Sheldon **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory: four episodes **3.00** Young Sheldon **4.00** Married at First Sight UK **5.10** The Big Bang Theory

**6.05** **The Big Bang Theory** Four episodes.

**8.00** **Below Deck: Mediterranean** Hannah and Ben redefine their relationship.

**9.00** **Married at First Sight UK** It is Love/Hate week for the couples.

**10.00** **Dirty House Rescue: Queens of Clean** Lola and Adam come to the aid of Hashu, a 29-year-old from Birmingham.

**11.05** **Gogglebox** TV opinions.

**12.05am** Married at First Sight UK **1.15** Rick and Morty **1.45** Tuca & Bertie **2.10** Dirty House Rescue: Queens of Clean **3.05** Below Deck **3.55** Ramsay's Kitchen Nightmares USA **4.40-6.00am** Brooklyn Nine-Nine

VARIATIONS & S4C

**WALES** As BBC1 except: **1.30-1.45pm** BBC Wales Today; Weather **6.30-7.00** BBC Wales Today **10.30-10.40pm** BBC Wales Today

**WALES** As BBC2 except: **11.15pm** Match of the Day Wales. Belgium v Wales. **11.45pm-12.15am** Tudur's TV Flashback. Tudur Owen searches for TV clips an a theme of adventure.

**MERIDIAN** As ITV except: **1.55-2.00pm** ITV News Meridian **6.00-6.30** ITV News Meridian **10.35-10.50pm** ITV News Meridian

**CENTRAL** As ITV except: **1.55-2.00pm** ITV News Central **6.00-6.30** ITV News Central **10.35-10.50pm** ITV News Central

**ITV WALES** As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.35** ITV News Cymru Wales **10.50** Fishlock's Choice. A storyteller uncovers a story about the woman who fostered him. **11.20pm-12.05am** Life After Deaf Stand Up Show. John Bishop headlines a night of comedy.

**WEST** As ITV except: **1.55-2.00pm** ITV News West Country **6.00-6.30** ITV News West Country. The latest headlines. **10.35-10.50pm** ITV News West Country. The latest headlines.

**ANGLIA** As ITV except: **1.55-2.00pm** ITV News Anglia **6.00-6.30** ITV News Anglia **10.35-10.50pm** ITV News Anglia

**WESTCOUNTRY** As ITV except: **1.55-2.00pm** ITV News West Country. The latest headlines. **6.00-6.30** ITV News West Country **10.35-10.50pm** ITV News West Country

**S4C** **6.00am** Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Pysgod i Bawb **1.30** Sgwrs Dan y Lloer **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Symud i Gymru **4.00** Awr Fawr **5.00** Stwnsh **6.00** Codi Pac. Geraint Hardy explores Fishguard. Last in series. **6.30** Rownd a Rownd. Terry returns to work. **7.00** Newyddion S4C a'r Tywydd **7.25** **LIVE** Sgorio Rhyngwladol: Cyngrhair y Cenhedloedd 2022. Belgium v Wales (kick-off 7.45pm). Dylan Ebenezer introduces coverage of the UEFA Nations League match from King Baudouin Stadium, Brussels. **10.00** Rygbi Pawb. Rugby union magazine show. **10.50-11.55pm** Gwesty Aduniad. A man hopes to find out who his biological father really is.

ITVBeFreeview 28

**7.00am** The Real Housewives of Jersey **8.00** Buying and Selling **9.00** LittleBe **12.00noon** Best Cake Wins **12.30** The Real Housewives of Beverly Hills **1.20** The Real Housewives of Jersey **2.20** The Only Way Is Essex **3.10** Million Dollar Listing: NYC **4.05** The Real Housewives of Orange County **5.00** The Real Housewives of Potomac

**6.00** **Masters of Flip** Kortney and Dave restore an old farmhouse.

**7.00** **Buying and Selling** A couple who want to leave the suburbs behind.

**8.00** **Dinner Date** Jon from Liverpool chooses three blind dates.

**9.00** **Ferne McCann: First Time Mum** Ferne and Sunday get away on a holiday.

**10.00** **Vanderpump Rules** Schwartz and Sandoval use their 'friendship break' as an excuse to see other people.

**10.55** **Chrisley Knows Best** Double bill.

**11.55pm** The Only Way Is Essex **12.55** Unwind **1.00-7.00am** Teleshopping

DRAMAFreeview 20

**6.00am** Teleshopping **7.00** 'Allo 'Allo! **7.45** All Creatures Great and Small **8.40** The Bill **9.40** Classic Holby City **11.00** Casualty **12.00noon** The Bill **1.00** Classic EastEnders **2.20** Monarch of the Glen **3.20** A Place to Call Home **4.20** All Creatures Great and Small **5.20** Waiting for God

**6.00** **Are You Being Served?** Mr Grainger is given a temporary promotion.

**6.40** **'Allo 'Allo!** Herr Flick interrogates Rene.

**7.20** **Last of the Summer Wine** Ivy receives an anonymous love letter.

**8.00** **Judge John Deed** The maverick judge finds his principles tested by the offer of a place on the Appellate Bench in return for hushing up a diplomatic incident.

**10.00** **New Tricks** Part two of two. Gerry fights to clear his name.

**11.20** **Spooks** Adam's treacherous former partner asks for his help.

**12.40am** Bad Girls. Prison drama. **1.50** The Heart Guy **2.50** A Place to Call Home **4.00-6.00am** Teleshopping

MORE4Freeview 18

**8.55am** Food Unwrapped **9.15** A Place in the Sun **11.05** Find It, Fix It, Flog It **1.05pm** Heir Hunters **2.10** Four in a Bed **4.50** Find It, Fix It, Flog It **5.55** Car S.O.S

**6.55** **Escape to the Chateau** Dick and Angel Strawbridge attempt to renovate the orangery with the help of a roofing expert and some pre-loved slate.

**7.55** **Wondrous Wales** Teams from Fishguard and Newport compete in a traditional Celtic boat race. Last in series.

**9.00** **Huge Homes with Hugh Dennis** A modern mansion, a Jacobean hunting lodge and a 16th-century stately pile.

**10.00** **Grand Designs Australia** A couple create a multi-storied modern home with a triple car-stacker.

**11.05** **24 Hours in A&E** Doctors treat a 63-year-old man with throat cancer who has suffered a bleed.

**12.10am** 999: On the Front Line **1.15** Huge Homes with Hugh Dennis **2.20** 24 Hours in A&E **3.25-3.55am** Food Unwrapped

BBC3Freeview 23

**7.00pm** **Top Gear** Chris Harris and Matt LeBlanc compete in a race across the Arabian peninsula.

**8.00** **MOTDx** Football discussion.

**8.30** **Hire Me: Competing for a Dream Job** Young hopefuls battle for a job in their dream industry.

**9.00** **NEW RuPaul's Drag Race UK** Twelve new drag queens enter the werk room for the first time. Joanna Lumley joins Michelle Visage and Graham Norton as RuPaul determines which queen will leave.

**10.15** **FILM Absolutely Fabulous: The Movie** (2016, 15) Comedy, starring Jennifer Saunders. ★★

**11.40** **RuPaul's Drag Race UK** Twelve new drag queens take part.

**12.50am** MOTDx. Football discussion. **1.20** The Irish League Show **1.50** The Ulster Rugby Show **2.20** RuPaul's Drag Race UK **3.35-3.55am** My Mate's a Bad Date

BBC4Freeview 9

**7.00pm** **Great American Railroad Journeys** Michael Portillo explores British Columbia.

**8.00** **Imagine – Mel Brooks: Unwrapped** Alan Yentob travels to Hollywood to interview Mel Brooks in the year of his 91st birthday, profiling his extensive career in comedy.

**9.10** **FILM The Producers** (1968, PG) A theatre producer and his neurotic accountant hatch a crooked financial scam to make the worst Broadway show of all time. Mel Brooks' comedy, starring Zero Mostel and Gene Wilder. ★★★★★

**10.40** **FILM Blazing Saddles** (1974, 12) Mel Brooks' Western spoof, starring Cleavon Little. ★★★★★

**12.10am** Clydebuilt: The Ships That Made the Commonwealth **1.10** Great American Railroad Journeys **2.10-3.10am** From Ice to Fire: The Incredible Science of Temperature

5 USAFreeview 21

**6.00am** TJC **9.00** NCIS **10.55** Entertainment News on 5 **11.00** NCIS **12.00noon** Law & Order **1.55** Entertainment News on 5 **2.00** Law & Order: four episodes

**6.00** **NCIS** Triple bill. A marine's teeth and fingertips are found in a stolen purse; the agents learn one of their former assistants has been murdered; Gibbs interrogates a man accused of killing his father.

**9.00** **Criminal Minds** Double bill. The agents join a manhunt for a serial killer; the team tracks a murderer with a railway fixation.

**10.55** **Law & Order: Special Victims Unit** Double bill. Saliva from a tiger is discovered on a murdered model; a woman claims to have been raped by a stranger. Mariska Hargitay stars.

**12.50am** Private Eyes. Comedy. **3.35** Criminals: Caught on Camera **4.00-6.00am** Teleshopping

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Sport

**SKY SPORTS MAIN EVENT**  
**6.00am** Sky Sports News **7.00** Good Morning Sports Fans **10.00** Sky Sports News  
**12.30pm** **LIVE** **DP World Tour Golf** The Open de France, Day one from Le Golf National in Paris.  
**3.00** **LIVE** **International T20 Cricket** Pakistan v England. Coverage of the second Twenty20 in the seven-match series, at National Stadium.  
**7.30** **LIVE** **PGA Tour Golf** The Presidents Cup. The opening day's play of the event between a team representing the USA and an International side.  
**11.00** Sky Sports News. The latest headlines.  
**12.00m't** **LIVE** **NFL:** Cleveland Browns v Pittsburgh Steelers (kick-off 1.15am). Coverage of the week three match at FirstEnergy Stadium.  
**4.30-6.00am** Sky Sports News. Latest headlines.

**SKY SPORTS CRICKET**  
**6.00am** Women's One-Day International Cricket **7.00** Women's International One-Day Cricket **8.00** International T20 Cricket **12.30pm** Ace: A Programme For Change **12.55** Cricket's Climate Crisis **1.15** Women's World T20 Classics **1.30** Graeme Swann Spin Bowling Clinic **2.00** Women's One-Day International Cricket  
**3.00** **LIVE** **International T20 Cricket** Pakistan v England. The second Twenty20 in Karachi.  
**7.30** Women's International One-Day Cricket **8.30** International T20 Cricket **1.00am** Women's One-Day International Cricket **2.00** Women's International One-Day Cricket **3.00** The World Cup Through Their Eyes **5.00** Best of the Women's World T20 **5.15-6.00am** Best of the ICC Women's World Cup

**SKY SPORTS FOOTBALL**  
**6.00am** EFL Play-off Final C'Ship 15/16 **7.00** EFL Play-off Final League 1 15/16 **8.00** EFL Play-off Final League 2 15/16 **9.00** SPFL Greatest Games **9.30** EFL Greatest Games **10.00** Championship Retro **12.00noon** EFL Highlights **12.30** EFL Goals **1.00** WSL **1.30** EFL Highlights **2.00** Mls Round Up Show **2.30** EFL Goals **3.00** Bundesliga Highlights Show **4.00** EFL Highlights **4.30** EFL Goals **5.00** EFL Greatest Games **5.30** SPFL Greatest Games  
**6.00** Bundesliga Weekly **6.30** Inside the WSL **7.00** Women's Championship Show **7.30** EFL Goals **8.00** Scottish Premiership Round-Up **8.15** SPFL Highlights **8.30** Bundesliga Weekly **9.00** Inside the WSL **9.30** Women's Championship Show **10.00** Scottish Premiership Round-Up **10.15** SPFL Highlights **10.30** Bundesliga **11.00** EFL Greatest Games **12.00m't** EFL Cup Highlights **1.00-6.00am** SPFL Greatest Games

**BT SPORT 1**  
**6.00am** **LIVE** **AFLW:** West Coast Eagles v Fremantle Women (Bounce-up 6.10am).  
**8.00** The Aussie Rules Show **8.30** MotoGP **11.30** MotoGP Chequered Flag **12.00noon** Formula Regional European Championship **12.30** ESPN FC **1.00** DIY Pundit **1.30** Hero CPL Highlights  
**2.30** **LIVE** **Hero CPL** St Kitts & Nevis Patriots v Trinbago Knight Riders. Coverage of the T20 match at Providence Stadium in Providence.  
**6.45** BT Sport Films **8.15** Serie A – Full Impact **8.45** Premier League Reload **9.00** WWE NXT Highlights **10.00** Premier League Stories **10.30** ESPN FC Presents: Gab & Juls **11.00** UEFA Champions League Magazine  
**11.30** **LIVE** **Hero CPL** Guyana Amazon Warriors v Saint Lucia Kings. Coverage of the T20 cricket match at Providence Stadium in Providence.  
**3.45am** BT Sport Cricket Reload **4.00** Badminton Unlimited **4.30** Classic MOTD – Thrillers **5.30-6.00am** ESPN FC Presents: Gab & Juls

**BT SPORT 2**  
**6.00am** ESPN FC **6.30** Serie A – Full Impact **7.00** Premier League Reload **7.15** WWE NXT **9.00** Premiership Rugby Cup **10.30** DIY Pundit **11.00** Fishing: On the Bank **12.00noon** BT Sport Reload **12.30** The Aussie Rules Show **1.00** Currie Club **1.30** The Outdoor Sports Show **2.00** 30 for 30 **4.00** MotoGP Highlights **5.00** ESPN FC **5.30** ESPN FC Presents: Gab & Juls **6.00** Currie Club **6.30** The Outdoor Sports Show **7.00** PTO Triathlon **8.00** MLB Quick Pitch  
**9.00** **LIVE** **MLB:** San Diego Padres v St Louis Cardinals (Start time 9.10pm).  
**12.30am** **LIVE** **College Football:** Georgia State Panthers v Coastal Carolina Chanticleers.  
**4.00** MotoGP Rewind **4.15** MotoGP Highlights **5.15-6.00am** **LIVE** **MotoGP** The opening free practice session of the Grand Prix of Japan.

**EUROSPORT 1**  
**6.00am** British Speedway **7.00** Speedway Grand Prix **8.00** Discovery Golf **8.30** Australian Open Tennis **10.00** Hall of Fame – Tokyo 2020 **11.00** Cycling: Road World Championships **1.00pm** Tennis: Laver Cup **2.00** Equestrian **3.00** FIA World Endurance Championship **4.00** Mountain Bike Enduro World Series Show **4.30** Triathlon – Embrunman Ironman **5.00** 72: A Gathering of Champions **7.00** Cycling: Road World Championships **8.00** Cycling: Road World Championships **9.00** Australian Open Tennis **10.30** Roland-Garros **10.45** Mountain Bike Enduro World Series Show  
**11.15** **LIVE** **Cycling: Road World Championships** The junior men's road race.  
**3.00am** Cycling: Road World Championships  
**4.00-8.30am** **LIVE** **Cycling: Road World Championships** The under-23 men's road race.

Entertainment & Factual

**ITV3** Freeview 10  
**6.00am** Classic Coronation Street **7.00** Classic Emmerdale **8.05** That's My Boy **9.15** The Royal **11.30** Heartbeat **1.40pm** Classic Emmerdale **2.40** Classic Coronation Street **3.45** Agatha Christie's Poirot **5.55** Heartbeat **8.00** Vera **10.00** Wycliffe **11.05** Maigret **12.15am** The Royal **2.20-2.30am** Unwind

**ITV4** Freeview 26  
**6.00am** The Best of the 80s **6.10** Sherlock Holmes **7.05** The Saint **8.00** Magnum, PI **9.05** The Sweeney **10.15** Minder **11.20** The Adventures of Sherlock Holmes **12.30pm** The Saint **1.40** Match Time Revisited **2.45** Magnum, PI **3.45** The Sweeney **4.50** Minder **5.55** Match Time Revisited **7.00** Who Wants to Be a Millionaire? **8.00** Goodwood Revival Highlights **9.00** **FILM** Ronin (1998/15) **★★★★★** **11.25** **FILM** Get Carter (1971/18) **★★★★★** **1.45-3.00am** Griff's Great New Zealand Adventure

**5STAR** Freeview 32  
**8.00am** Judge Judy **11.00** Bargain-Loving Brits in the Sun **12.00noon** Shoplifters & Scammers: At War with the Law **1.00** Traffic Cops **2.00** Police Interceptors **5.00** Dogs with Incredible Jobs **6.00** Home and Away **7.00** Bargain Brits on Benefits **8.00** Dirty Home Rescue **9.00** Killer at the Crime Scene **10.00** HMP Styl: Women Behind Bars **11.15** A&E: When Patients Attack **12.15am** Bargain Brits on Benefits **1.15** Shoplifters & Scammers **2.15** Judge Judy **3.55-4.00am** Entertainment News on 5

**REALLY** Freeview 17  
**6.00am** Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Countryside 999 **9.00** Posh Pawn **10.00** Antiques Road Trip **12.00noon** Money for Nothing **1.00** The Hotel Inspector: The Walkout **2.00** Animal Cops Philadelphia **4.00** Dr Jeff: Rocky Mountain Vet **5.00** Ambulance **6.00** Money for Nothing **7.00** Antiques Road Trip **9.00** **NEW** Ghost Adventures: Screaming Room **10.00** The Osbournes Want to Believe **11.00** Ghost Adventures **12.00m't** Caught on Camera **1.00** Ghost Adventures **2.00** Teleshopping **4.00-6.00am** Animal Cops Philadelphia


**SACTION** Freeview 33  
**9.00am** Entertainment News on 5 **9.10** Traffic Cops **10.10** Police Interceptors **11.10** **FILM** River of No Return (1954/PG) **★★★★** **1.05** **FILM** The Flight of the Phoenix (1965/PG) **★★★★★** **4.00** Trucking Hell **5.00** Traffic Cops **6.00** Police Interceptors **9.00** Trucking Hell **11.00** WWE: Raw Highlights **12.00m't** Fights, Camera, Action! **2.00** Trucking Hell **3.00** Sinkholes **3.50** World's Deadliest Weather: Caught on Camera **4.35-5.00am** 999: Criminals Caught on Camera

**SKY ARTS** Freeview 11  
**6.00am** Beyond the Grace Note **7.20** LSO: Sir Simon Rattle Conducts Webern, Berg, Ligeti and Stravinsky with Barbara Hannigan **9.00** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** Discovering: Peter Sellers **12.00noon** Celebrity Portrait Artist of the Year **1.00** Tales of the Unexpected **2.00** Boswell & Johnson's Scottish Road Trip **3.00** Portrait

**BBC RADIO 1**  
**97.6-99.8MHz** **6.57am** Newsbeat **7.00** Radio 1 Breakfast with Greg James **10.30** Newsbeat **10.32** Rickie, Melvin and Nat **12.00noon** Radio 1's Live Lounge **12.45** Newsbeat **1.00** Dean and Vicky **3.30** Newsbeat **3.32** Going Home with Vick and Jordan **5.45** Newsbeat **6.00** Radio 1's Future Sounds with Clara Amfo **8.00** Radio 1's Future Pop with Mollie King **10.00** BBC Introducing Dance **11.00** Radio 1's Residency **1.00am** Ibiza Anthems **2.00** Get Set with Radio 1 **3.00** Radio 1 Relax in Love **4.00** Radio 1 Dance **5.00-6.33am** Radio 1 Early Breakfast with Emma-Louise

**BBC RADIO 2**  
**88-91MHz** **6.30am** The Zoe Ball Breakfast Show **9.30** Ken Bruce **12.00noon** Jeremy Vine **2.00** Steve Wright **5.00** Sara Cox **7.00** Jo Whiley **9.00** The Country Show with Bob Harris **10.00** Trevor Nelson **12.00m't** OJ Borg **3.00** Sounds of the 90s with Fearnie Cotton **4.00** A Dance Through the Decades **4.30-6.30am** Early Breakfast Show

**BBC RADIO 3**  
**90.2-92.4MHz** **6.30am** Breakfast **9.00** Essential Classics **12.00noon** Composer of the Week: Emilie Mayer **1.00** Radio 3 Lunchtime Concert **2.00** Afternoon Concert **5.00** In Tune **7.00** In Tune Mixtape **7.30** Radio 3 in Concert **10.00** Free Thinking **10.45** The Essay: Coming Home **11.00** The Night Tracks Mix **11.30** Unclassified **12.30-6.30am** Through the Night



**A League of Their Own Sky Max, 9pm**  
Patrice Evra (left), Jimmy Carr, Richard Ayoade and Angela Scanlon join host Romesh Ranganathan and regulars Micah Richards and Jamie Redknapp on the quiz.

Artist of the Year 2017 **4.00** Discovering: Robert Shaw **5.00** Tales of the Unexpected **6.00** Alfred Hitchcock Presents **7.00** Discovering: Daniel Day-Lewis **8.00** Lenny Henry's Got the Blues **9.00** The Directors **10.00** Discovering: Matthew McConaughey **11.00** Alfred Hitchcock Presents **12.00m't** Cartoon Carnival **1.55** Toto Play Baloise Session **3.30** Arts Uncovered **3.40** Inside Art: Derek Jarman at Manchester Art Gallery **4.10-5.00am** The Art of Architecture

**GOLD**  
**7.00am** Keeping Up Appearances **7.40** Outnumbered **8.15** 2point4 Children **8.55** Hi-de-Hi! **9.30** Still Open All Hours **10.10** Last of the Summer Wine **11.30** Desmond's **12.00noon** 2point4 Children **12.40** Dad's Army **1.20** Outnumbered **2.00** Keeping Up Appearances **2.40** Last of the Summer Wine **4.00** Dad's Army **4.40** Still Open All Hours **5.20** Keeping Up Appearances **6.00** Hi-de-Hi! **6.40** Dad's Army **8.00** Porridge **9.20** The Office **10.00** Live at the Apollo **11.00** The Cockfields **11.40** Peep Show **12.50am** Porridge **2.20** The Office **2.50** 2point4 Children **3.20-4.00am** Desmond's

**YESTERDAY** Freeview 27  
**6.00am** Forbidden History **8.00** Top Gear **9.00** The World at War **10.00** War Factories **11.00** Abandoned Engineering **12.00noon** The Architecture of the Railways Built **1.00** Bangers and Cash **2.00** Abandoned Engineering **4.00** War Factories **5.00** The World at War **6.00** Top Gear **7.00** Abandoned Engineering **8.00** Bangers and Cash **9.00** Secrets of the London Underground **10.00** Bangers and Cash **11.00** Abandoned Engineering **12.00m't** Top Gear **1.00-3.00am** Forbidden History

**ALIBI**  
**7.15am** Murdoch Mysteries **9.00** Miss Fisher's Murder Mysteries **10.00** Unforgettable **11.00** Rizzoli & Isles **12.00noon** Death in Paradise **1.00** Father Brown **2.00** Murdoch Mysteries **4.00** Miss Fisher's Murder Mysteries **5.00** Unforgettable **6.00** Major Crimes **7.00** Rizzoli & Isles **8.00** Death in Paradise **9.00** Father Brown **10.05** The Game **11.15** Murdoch Mysteries **12.15am** Miss Fisher's Murder Mysteries **1.20** Father Brown **2.25-4.00am** Murdoch Mysteries

**SKY MAX**  
**6.00am** Stargate SG-1 **8.00** The Flash **9.00** DC's Legends of Tomorrow **10.00** Supergirl **11.00** NCIS: New Orleans **1.00pm** Hawaii

**CHOICE**  
**Gemma Arrowsmith's Sketched Out Radio 4, 6.30pm**  
Gemma has a new show on Radio 4, but will she be able to host it herself? In this first episode of the series combining social commentary and whip-smart sketches, Paterson Joseph is drafted in to host by execs Theo and Cleo, leaving Gemma to work out how to wrestle back control of her own show.

**BBC RADIO 4**  
**FM 92.4-94.6MHz, LW 198kHz** **6.00am** Today **8.31** (LW) Parliament **9.00** In Our Time **9.45** (LW) Daily Service **9.45** (FM) Book of the Week: Fen, Bog & Swamp **10.00** Woman's Hour **11.00** Crossing Continents **11.30** Unplayable **12.00noon** News **12.01** (LW) Shipping Forecast **12.04** You and Yours **12.30** All Consuming **12.57** Weather **1.00** The World at One **1.45** Just One Thing with Michael Mosley **2.00** The Archers **2.15** Drama: I've Been So Touched **3.00** Ramblings **3.27** Radio 4 Appeal **3.30** BBC National Short Story Award 2022 **4.00** The Curious Cases of Rutherford & Fry **4.30** BBC Inside Science **5.00** PM **5.54** (LW) Shipping Forecast **5.57** Weather **6.00** News **6.30** Gemma Arrowsmith's Sketched Out **7.00** The Archers **7.15** Front Row **8.00** The Briefing Room **8.30** The Digital Human **9.00** BBC Inside Science **9.30** In Our Time **10.00** The World Tonight **10.45** Book at Bedtime:

Five-0 **2.00** MacGyver **3.00** DC's Legends of Tomorrow **4.00** The Flash **5.00** Supergirl **6.00** Stargate SG-1 **8.00** An Idiot Abroad **2** **9.00** A League of Their Own **10.00** Cricket's Funniest Moments **10.30** The Russell Howard Hour **11.15** COBRA: Cyberwar **12.15am** The Force **1.15** MacGyver **2.15** Supergirl **3.10-4.05am** Hawaii Five-0

**SKY ATLANTIC**  
**6.00am** Richard E Grant's Hotel Secrets **7.45** Boardwalk Empire **10.00** The Sopranos **12.15pm** Ray Donovan **2.25** Game of Thrones **3.30** Boardwalk Empire **5.45** The Sopranos **7.55** Game of Thrones **9.00** I Hate Suzie **9.45** The Staircase **11.00** House of the Dragon **12.10am** Gangs of London **1.15** Succession **2.25** Munich Games **3.30** In Treatment **4.00-6.00am** Hotel Secrets

**SKY WITNESS**  
**6.00am** UK Border Force **7.00** Stop, Search, Seize **8.00** Border Patrol **9.00** Road Wars **10.00** Air Ambulance ER **11.00** The Good Doctor **12.00noon** The Rookie **1.00** FBI **2.00** Blue Bloods **3.00** The Equalizer **4.00** Paramedics: Australia **5.00** Nothing to Declare **8.00** Blue Bloods **9.00** FBI **10.00** FBI: International **11.00** Law & Order: Special Victims Unit **12.00m't** The Equalizer **1.00** FBI: Most Wanted **2.00** FBI **4.00** Road Wars **5.00-6.00am** Brit Cops: Law & Disorder

**SKY COMEDY**  
**8.00am** Futurama **9.00** Everybody Hates Chris **10.00** The Office (US) **11.30** Curb Your Enthusiasm **1.25pm** How to Make It in America **2.30** The Office (US) **3.00** Will & Grace **5.00** The Office (US) **5.30** Futurama **6.30** Everybody Hates Chris **7.30** The Office (US) **8.45** Sex and the City **10.00** Bloods **10.30** Intelligence **11.30** Sex and the City **12.40am** The Late Late Show with James Corden **1.35** The Tonight Show Starring Jimmy Fallon **2.30-4.00am** Entourage

**DISCOVERY**  
**6.00am** Wheeler Dealers: Dream Car **7.00** Deadliest Catch **8.00** Building Off the Grid **9.00** The Last Alaskans **10.00** Ice Lake Rebels **11.00** Wheeler Dealers: Dream Car **12.00noon** Supertrucks **1.00** Gold Rush: Winter's Fortune **2.00** Lone Star Law **3.00** Homestead Rescue: Raney Ranch **4.00** Alaska: The Last Frontier **5.00** Wheeler Dealers **6.00** Bitchin' Rides **7.00** Junkyard Empire **8.00** Railroad Alaska **9.00** Naked and Afraid XL **10.00** Naked and Afraid: Alone **11.00** Yukon Men **12.00m't** Mysteries of the Deep **1.00** Naked and Afraid XL **2.00** Naked and Afraid **3.00-4.00am** Bad Chad Customs

**NATIONAL GEOGRAPHIC**  
**8.00am** Nazi Megastructures **9.00** Elizabeth I: The Secret Life **10.00** Europe from Above **11.00** Lost Treasures of Egypt **12.00noon** Secrets of the Civil War: Drain the Oceans **1.00** Ultimate Airport Dubai **2.00** Air Crash Investigation **4.00** Ice Road Rescue: Highway Havoc **5.00** Car S.O.S **6.00** World War II: Secrets From Above **7.00** Air Crash Investigation **8.00** Drain Alcatraz **9.00** Wicked Tuna **10.00** To Catch a Smuggler **11.00** Air Crash Investigation **12.00m't** Car S.O.S **1.00** Wicked Tuna **2.00** Ice Road Rescue **3.00-5.00am** Air Crash Investigation

**BBC RADIO 5 LIVE**  
**693/909kHz** **6.00am** 5 Live Breakfast **9.00** Nicky Campbell **11.00** Adrian Chiles **1.00pm** Nihal Arthanayake **4.00** 5 Live Drive **7.00** 5 Live Sport **7.45** 5 Live Sport **10.00** Colin Murray **1.00-5.00am** Dotun Adebayo

**BBC RADIO WALES**  
**FM: 94.6MHz** **6.00am** Radio Wales Breakfast with Claire Summers **8.30** Dot Davies **11.00** Wynne Evans **2.00pm** Anna Ryder Richardson **5.00** Radio Wales Drive **6.30** Bennett Arronis Cymru Knish **7.00** Radio Wales Sport **10.00** The Late Show with Eleri Sion **12.30am** As Radio 5 Live **5.30-6.00am** Bennett Arronis Cymru Knish

**CLASSIC FM**  
**100-102MHz** **6.00am** More Music Breakfast **9.00** Alexander Armstrong **12.00noon** Lucy Coward **4.00** John Brunning **7.00** Smooth Classics at Seven **10.00** Smooth Classics **1.00am** Bill Overton **4.00-6.00am** Breakfast

**ABSOLUTE RADIO**  
**1215kHz** **6.00am** Andy Bush **10.00** Leona Graham **1.00pm** Sarah Champion **4.00** Richie **7.00** Danielle Perry **10.00** Jay Lawrence **1.00-6.00am** Dan Noble

Movies

**FILM4**  
**11.00am** Esther Waters (1948/PG) Period drama, starring Dirk Bogarde. **★★**  
**1.15pm** Santa Fe Passage (1955/U) Western, with John Payne and Faith Domergue. **★★**  
**3.05** The Red Pony (1949/U) Drama, starring Robert Mitchum and Myrna Loy. **★★**  
**4.50** Carry On Spying (1964/U) Comedy, with Kenneth Williams and Charles Hawtrey. **★★★★**  
**6.35** Indiana Jones and the Kingdom of the Crystal Skull (2008/12) Adventure sequel, with Harrison Ford and Cate Blanchett. **★★★★**  
**9.00** Ad Astra (2019/12) An astronaut embarks on a mission to Neptune to uncover the truth about his missing father and a strange power surge. Sci-fi drama, starring Brad Pitt and Tommy Lee Jones. **★★★★**  
**11.20** No Escape (2015/15) Thriller, starring Owen Wilson and Pierce Brosnan. **★★★★**  
**1.25-4.00am** The Beast (2019/18) Drama, with Sung-min Lee and Jae-myung Yoo. **★★★★**

**SKY CINEMA PREMIERE**  
**6.00am** Marry Me (2022/12) See 1.50am for details. **★★★★**  
**8.05** Sing 2 (2021/U) See 4.10pm for details. **★★★★**  
**10.05** After Yang (2022/PG) See 8.00pm for details. **★★★★**  
**12.00noon** Jockey (2021/15) An aging jockey aims for a final championship. Drama, starring Clifton Collins Jr and Moises Arias. **★★★★**  
**1.55pm** Murder at Yellowstone City (2022/15) See 9.55pm for details. **★★★**  
**4.10** Sing 2 (2021/U) Animated musical sequel, with the voices of Matthew McConaughey and Reese Witherspoon. **★★★★**  
**6.10** Mona Lisa and the Blood Moon (2021/15) Mystery thriller, starring Ed Skrein and Kate Hudson. **★★★★**  
**8.00** After Yang (2022/PG) Premiere. In the near future, a family reckons with questions of love, connection and loss after their AI helper unexpectedly breaks down. Sci-fi drama, starring Colin Farrell. **★★★★**  
**9.55** Murder at Yellowstone City (2022/15) Western, starring Gabriel Byrne. **★★★**  
**12.10am** Stowaway (2022/15) Action thriller, starring Ruby Rose and Frank Grillo. **★★**  
**1.50** Marry Me (2022/12) Romantic comedy, with Jennifer Lopez and Owen Wilson. **★★★★**  
**3.50-5.45am** Mona Lisa and the Blood Moon (2021/15) See 6.10pm for details. **★★★★**

**SKY CINEMA DRAMA**  
**4.05pm** The Ides of March (2011/15) Drama, starring George Clooney. **★★★★**  
**5.50** Spotlight (2015/15) Drama, with Mark Ruffalo and Michael Keaton. **★★★★★**  
**8.00** Straight Outta Compton (2015/15) Biopic of hip-hop group NWA, starring O'Shea Jackson Jr and Corey Hawkins. **★★★★**  
**10.30** Milk (2008/15) Drama, with Sean Penn and Josh Brolin. **★★★★★**  
**12.45am** Sundown (2021/15) Drama, with Tim Roth and Albertine Kotting Mcmillan. **★★★★**  
**2.20** Staying Alive (1983/PG) Drama, with John Travolta and Finola Hughes. **★★**  
**4.05-6.00am** Under the Stadium Lights (2020/12) Drama, with Milo Gibson. **★★**

**SKY CINEMA FAMILY**  
**5.00pm** Clifford the Big Red Dog (2021/PG) Family adventure, with Darby Camp. **★★★★**  
**6.50** Garfield (2004/U) Family comedy, with the voice of Bill Murray and Breckin Meyer. **★★**  
**8.20** Save the Cinema (2022/12) Drama, with Samantha Morton and Tom Felton. **★★★**  
**10.15** The Water Horse: Legend of the Deep (2007/PG) Children's fantasy adventure, starring Alex Etel and Emily Watson. **★★★★**  
**12.15am** C.I.Ape (2021/PG) Comedy, starring Sophia Alongi and Skip Swink. **★★★**  
**1.50** Think Like a Dog (2020/PG) Family comedy drama, with Josh Duhamel. **★★★**  
**3.30-5.30am** Save the Cinema (2022/12) See 8.20pm for details. **★★★**

**TCM**  
**4.35pm** Operation: Daybreak (1975/15) Fact-based Second World War drama, with Timothy Bottoms and Martin Shaw. **★★★★**  
**7.00** The Spy in the Green Hat (1966/U) Adventure, starring Robert Vaughn. **★★★★**  
**9.00** Lethal Weapon (1987/15) Action thriller, with Mel Gibson and Danny Glover. **★★★★**  
**11.15** A Nightmare on Elm Street (1984/18) Horror, starring Robert Englund. **★★★★★**  
**1.10-2.30am** Gun Fight (1961/U) Western, starring James Brown and Joan Staley. **★★★**

**GREAT! MOVIES**  
**4.45pm** Our Man in Havana (1959/PG) Satirical spy drama, starring Alec Guinness and Ralph Richardson. **★★★**  
**7.05** The Cable Guy (1996/12) Comedy, with Jim Carrey and Matthew Broderick. **★★★**  
**9.00** American Gangster (2007/18) Drama, starring Denzel Washington. **★★★★**  
**12.10am** A Most Violent Year (2014/15) Thriller, starring Oscar Isaac. **★★★★**  
**2.40** Deadly Daycare (2014/PG) Thriller, starring Christy Carlson Romano. **★★**  
**4.20-6.00am** Sinister Surrogate (2018/PG) Thriller, starring Maeve Quinlan. **★★★**

# YOUR VOICE

Edited by  
**AMANDA KILLELEA**

## Beware Truss' Cabinet

■ With a new Cabinet in place one has to wonder if Prime Minister Liz Truss knows what she's doing. Making Therese Coffey Health Secretary and Jacob Rees-Mogg Business and Energy Secretary is absolutely baffling to me. I certainly can't see either of them being up to the job, which begs the question, are the appointments designed to wreck everything?

Will Coffey continue the NHS sell-off by the back door and Rees-Mogg help Truss's buddies in the energy sector? The personnel change but the policies are nothing new. Let's hope people won't fall for it at the next election.

**Len Hayward, Market Harborough, Leics**

## TAKE NOTICE... AND WIN £25



This amusing notice was spotted in a pub in Deal, Kent, by Michael Wadey who lives in Canterbury.

■ Please send your funny signs to the address below. Sorry, but photos can't be returned.

## THE BIG QUESTION

Every day we'll be asking your opinion on one of Britain's big talking points. You can have your say and vote at [mirror.co.uk](http://mirror.co.uk)

This Morning hosts Holly Willoughby and Phillip Schofield came under fire for not joining the public queue for the Queen's lying in state, despite their claims they used access for journalists as they were working.

## Have Holly and Phillip been unfairly treated?

**YES**  
22%

**NO**  
78%

Yes. Many have said all along that they were being escorted to the media area. But the rabid mob will stop at nothing to get what they want.  
**BRICKHARDMEAT**

No. They should have just said: "we were given an opportunity to use the media entrance and we used it. If we caused upset, we apologise."  
**JOHNNYBETTER**

Yes. From the start of all this hate towards them, This Morning and ITV have questions to answer, not these two. How else were they supposed to get in?  
**PIXIE90**

No. These two have no morals, neither does This Morning. They claim to be journalists now despite accepting awards for being presenters.  
**STARBUCK13**

Yes. I don't see what the problem is, they were working. Stop bullying them.  
**OLOHUNWAZ**

No. Phil and Holly know they have been caught out. They need to apologise and and move on.  
**CRAZYCAT**

To have your say, go to [mirror.co.uk](http://mirror.co.uk)

# King's reign will be challenging

■ IT matters not if you are a republican or a royalist, the 70-year reign of Elizabeth II was a milestone in British history and will probably never be surpassed.

It is now more likely than ever that other nations will choose not to have a British monarch as their head of state and we will see a shrinking Commonwealth, with countries signing up to different trade deals. Even the United Kingdom looks set to change both politically and geographically.

The reign of Charles III is going to be an interesting time, so I urge everyone to buckle up, as change is in the air.

**S T Vaughan**  
Yardley Wood, Birmingham

■ Once again, Britain has shown the world its mastery of pageantry and ceremony. In due course, a coronation will take place and will, no doubt, be an equally ostentatious display.

But such ceremony only serves to highlight the imbalance that is a reality in Britain today. Behind the pomp – costing millions – are food banks in every town, parents seeking second-hand school uniforms, millions struggling to buy food and pay bills.

Public services are depleted and underfunded.

The Royal Family and the Government seem oblivious to reality. On the one hand, there is extravagance and privilege, on the other, extreme poverty. How can this be?

**John Mayor**  
Morecambe, Lancs

■ I'm an American and I can't remember a time before

## THE BIG ISSUE

Now the period of national mourning for the Queen has ended, people are looking ahead to the reign of King Charles III, while in politics, normal business resumes. New PM Liz Truss, appointed just two days before the Queen's death, faces a long list of urgent problems that need attention. You say...



the late Queen. Some have questioned the value of the Royal Family but I think the unity of the British people in recent days highlights one aspect of the monarchy that's often overlooked – it unifies people across political lines.

Here in America we are almost as divided as we were during our Civil War. In the UK, the monarchy transcends politics and promotes unity in the most difficult and trying times. Don't ever lose that.  
**George Alger**  
Placerville, California

■ There is a rational case for Britain to become a republic following the death of Her Majesty. You don't have to dislike the Royal Family to want this.

With many people favouring an elected head of state, it's time to have a serious debate about the powers of the Crown and the future of democracy in the UK.  
**Mark Twiddy, East London**

■ The whole world has at last witnessed why there is a "Great" in "Great Britain". The funeral we gave Her Majesty

will go down in the annals of world history for ever.

The splendour of our armed forces was a sight to behold and never to be forgotten. Absolutely millions of our people will have regained pride in our country.

Our Queen, in death, as she did in life, has spread comradeship and pride across the nation.

**Roger Grant**  
Thurnscoe, South Yorks

■ I watched all the Queen's funeral services with tears and pride. What a wonderful send-off we gave her.

All the servicemen and women did a fantastic job. I wish all the best to the Royal Family and hope they will carry on all her hard work.

**Christine Bennet**  
Bolton, Gtr Manchester

■ I felt very sad about the Queen's death and was moved by the outpouring of affection.

Having said that, now the funeral is over and the period of national mourning has ended, we must focus on the important issues facing this country.

**J H Kelly, Wirral, Merseyside**

## On their best behaviour

Prince George and Princess Charlotte were adorable at the Queen's funeral. They behaved perfectly on what was a very solemn occasion for a nine and seven-year old, which just goes to show what wonderful parents William and Kate are.

Their grandmother, Princess Diana, would have been so proud, as would their great-grandmother, our late Queen.  
**Louise Walsh, South Shields Tyne and Wear**

It's a phrase we often hear bandied about these days. But who truly deserves the title of National Treasure? From wildlife presenters (we can all think of one in particular) to much loved comedians, actors, sports stars and even royalty and politicians, who are really our national treasures? Draw up a list of your top 10 and send it to the address on this page or [features@mirror.co.uk](mailto:features@mirror.co.uk)

## Pets going hungry too

■ We often hear about increases in the price of food and power, but as a pensioner on my own I have a cat who's like a friend to me. I used to pay on average £3.50 for a box of food for him at our local convenience store.

Now the same brand is £5. At another store it's £3.99. I could go to the cheaper supermarkets but can't afford the added expense of petrol.

It is no wonder some dogs and cats have, of late, been left to stray.

**Bob Hughes**  
Sutton Bridge, Lincs

■ I expect Putin sat watching the Queen's funeral thinking, "Mine will be bigger and better because the people of Russia will happily queue in the freezing snow and ice for days so that they can glorify the great Russian ruler who slaughtered tens of thousands of innocent Ukrainians on their behalf. Huzzah!"

**J Foster**  
Hall Green, Birmingham

## Tweet of the day

**Joe Wicks @thebodycoach** gives his top tips for a happy life. "Work hard. Have fun. Be nice."

Every Monday we print your treasured family photos in Your Memories. If you have an old picture you'd like to share please email or write to us at the address below and include the photo and information about who's in it and when and where it was taken. But please don't send originals as we can't return them.

## Pub quiz answers

How many of our daily pub quiz brainteasers did you manage to get right?

1. Romanov
2. Break dancing
3. 2003
4. Beyonce
5. 20

## ON YOUR BIKE

**SMITTEN**  
Geoff loved  
the Zero  
DSR/X



## ZERO'S BIKE A BIGGER BLAST THAN PETROL

BY **GEOFF HILL**

An electric adventure bike may sound as much of an oxymoron as the Jacob Rees-Mogg Joke Book or Vladimir Putin's cuddly charm.

You see, there was a time when the range of electric machines was about 100 metres, so you bought one, rode it down the road from the dealer until it ran out of electrons, then walked back and bought a nice sensible petrol bike.

But Zero claims that its new DSR/X has a range of 180 miles in urban use, 85 on the open road and 115 for combined. With the optional power pack, the company claims 222 miles is possible.



The riding position is comfortable and commanding, the mirrors are brilliant, and a nice big TFT dash has all the info you need, including which riding mode you're in - Eco, Standard, Sport or Canyon, the latter giving you lots of regenerative braking to keep the battery smiling.

Even in Standard, progress is a seamless swoosh of joy, although it's hardly surprising, with a monumental 166ft lb of torque which is even more than the 163ft lb of the 2,500cc Triumph Rocket 3.

Handling, thanks to the low centre of gravity, perfect balance and high, wide bars, is superbly featherlight and

instinctive, and the linked brakes make soaring around even downhill hairpins laughably easy.

The real surprise, though, was when we hit the off-road section, where the bike was so smooth and stable that even as an off-road idiot I actually found myself enjoying it. Astonishing.

Back on the road, Sport mode adds an exhilarating urgency to progress, and even after an enthusiastic ride of 50 miles on and off-road, the battery was at 63% with 64 miles of range left, indicating that Zero's estimates seem reasonable.

It may be less powerful than the BMW R1250 GS, the Ducati Multistrada, the Triumph Tiger 1200 and the KTM 1290 Super Adventure, and doesn't have their gizmos or range until battery tech improves, as it will. But you know what? I loved it. In fact, I enjoyed riding it more than any of them, with its brilliantly effortless performance and handling giving a unique purity of pleasure both on and off road.

If you put all those bikes in a row and asked me to pick one for my own use, I'd opt for this. So mark my words. The future is closer than we think.

**Geoff Hill @ghillster**  
**Fraser Addecott @MirrorBiker**

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Bikes

## ON THE ROAD



# New Niro's a hero for plug-in hybrid fans

## KIA'S CROSSOVER GETS BIGGER BATTERY TO BOOST RANGE



**O**f all the different modes of electrification, plug-in hybrids are the most controversial.

Many environmentalists think they're a dreadful combination of evils and that they don't do what they're supposed to do.

Part of the problem is the ridiculous testing procedure that's used to come up with their fuel consumption.

How many miles per gallon a PHEV does is entirely down to how often it is charged.

If you never charge the car and run it as a petrol car then the mpg is often very poor because the car is heavy (due to carrying

a relatively large battery). But if you religiously charge your car and use it for short journeys the mpg will be unlimited.

I've recommended PHEVs to two friends and both have found them perfect for their lifestyles - with one using a car mainly for short journeys but also a drive to Italy once a year.

Both my friends' cars are Kia Sportages and it's a new Kia, a Niro PHEV, that we're testing this week. Like the old Niro, it comes with hybrid, PHEV or pure electric drivetrains. The original Niro was a bland looking thing but the newcomer is far more distinctive. Since the MK1 was a

## THE FACTS

**Kia Niro PHEV '3' Crossover**

**Price:** £36,870

**Engine:** 1.6-litre four-cylinder petrol, electric motor, 180bhp

**0-62 mph:** 9.6 sec

**Mpg:** 235-294mpg

**Co2:** 19-23g/km



big hit it can be assumed the MK2, with its more appealing styling, will be similarly successful. The headline news, apart from a prettier body, is a larger battery. The last-generation Niro PHEV was fitted with a 8.9kWh

unit; this latest one has a 11.1kWh pack which increases the maximum electric range to 36 miles. This puts the car nicely into the 12% BIK tax band.

The rest of the powertrain is as before which means a 1.6-litre

## NEW EV IS A GSE WHIZZ

Vauxhall is to launch a top-of-the-range performance brand based on its electrified models. The name it's come up with will be familiar to long-time enthusiasts of its motors - GSe.

It stands for Grand Sport Electric and is derived from GSi, a badge used on the firm's hot cars over the years. GSe models will feature driver-focused chassis set-ups with sporty styling to match.

It'll be interesting to see how the firm's engineers will make the Corsa and Astra as fun to drive as their petrol-powered forebears.



## GRAN DADDY READY TO ROLL

Here's an early glance at Maserati's new GranTurismo, the car that will be the company's mainstream flagship over the next few years.

Details are sparse but the car is powered by the new V6 Nettuno engine which is a version of the twin-turbo unit first used in the MC20 supercar.

Two versions will be offered -



Modena and Trofeo, with the latter likely to be close to the 620bhp power output of the MC20. There'll be electric versions of the GranTurismo too but Maserati hasn't given any details on power or range.

The car will hit showrooms sometime next year.

with **COLIN GOODWIN**



Kia recently commissioned a stunt in which one of its EV6 electric SUVs was driven through 16 countries on a road trip from Oslo to Lisbon. The route covered 3,174 miles and was completed in 89 hours. What is not so easy is to carry out a normal journey in the UK in an EV. Last weekend, a trip to the south coast involved spending an hour at Winchester services where one charger was completely broken, one didn't seem to work and the others were occupied.



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## THE RIVALS



### Skoda Octavia iV

A traditional hatchback but it's spacious and beats the Kia on price. More powerful, too. **£34,800**



### Ford Kuga ST Line

Good value and it's an even bigger car, too. **£37,775**



### MINI Countryman

Distinctive styling inside and out. MINI by name but not by size. **£36,600**



## WILD HORSE

Ford is facelifting and dramatically reworking its Mustang sports coupe. This is excellent news as it gives us a chance to get behind the wheel and test one. As well as tweaked styling, which fortunately doesn't spoil the car's looks, the revamped 'Stang gets Ford's latest Sync4 infotainment system.

There will also be a special model called Dark Horse which will be the most sporty and most track-focused Mustang you'll be able to buy. It gets a modified version of the 5.0-litre V8 engine fitted with new cams and intake system.

The package also includes substantial chassis upgrades such as fatter anti-roll bars, heavy duty dampers, strut braces and upgraded Brembo brakes.

It all sounds fantastic. We'll have more information, including the on-sale date, soon.



## A TWISTED IDEA

The description 'barn find' has become rather over used and the cynic in me suspects that many old cars presented as such are just in poor condition and have simply been covered in dust and straw.

Twisted, the company that specialises in customising Land Rover Defenders, has just announced its 'barn find' of 16 brand-new Defenders.

Actually, Twisted bought the cars from Land Rover just before production stopped in 2015 and has carefully stored them since. Now it is selling them off at prices starting at £135,000 plus VAT. Each one can be finished to a customer's specification and all of them are 110 models in XS trim.



## FUTURE NOW

Now this is a proper concept car. Wacky, a touch of science fiction and thought provoking too. It comes from an unlikely manufacturer, Dacia.

Dacia calls this flight of fancy the Manifesto and tells us that within it lies many ideas that will be used on future models.

For example, Dacia intends to pursue its policy of facilitating the use of smart phones in its cars rather than offering acres of complicated and expensive flat screens. Another idea that Dacia is trying out in the Manifesto is YouClip - a system to secure a variety of handy and modular accessories. Also there are roof bars that can be moved into various different configurations.

As a long-time Dacia fan, I'm looking forward to seeing some of these ideas appear on future showroom models.

four-cylinder direct injection petrol engine that produces 180bhp. Electric drive comes from a 83bhp motor, with both it and the petrol engine moving the front wheels via a six-speed dual clutch automatic transmission.

The Niro PHEV is most pleasant to drive when it's in EV mode. The petrol engine is reasonably quiet but becomes coarse when you rev it.

There's not a lot of point in doing so with a 0-62mph time in a relaxed 9.6 seconds.

Achieving the 36-mile electric range will require experienced town driving, but a realistic range of 30 miles shouldn't be difficult.

There's a pretty pointless Sport mode that makes steering slightly heavier and turns the steering wheel paddles, which usually control the level of regenerative braking, into gear-change paddles.

This Niro is bigger than the previous one and has impressive space inside, particularly in rear legroom. As is common with most PHEVs, boot space is lost to the battery which means 348 litres compared to 475 litres in the EV version. The car will also tow up to 1,200kg

**“**  
The space inside is impressive, particularly in rear legroom

which could be useful for many owners.

Kia is sticking with its simple trim level names, with '2' as the entry level, '3' as next up and '4' as the flagship. We're driving a '3' at £36,870. That's around £2,000 less than the Niro BEV.

Kia reckons more than 50% of buyers will pick the electric, with less than 10% going for the PHEV.

Back to the inside of the Niro. The '2' trim brings with it an 8in infotainment screen, whereas in the '3' and '4' you get a larger 10.25in one. Kia still favours

buttons and knobs but there's still a lot of touchscreen action to change cabin temperatures.

There's a large rotary knob to change between Drive, Park and Reverse. Talking of going backwards, all Niros, regardless of powertrain, use their electric motor for reversing. Not having gears for the job saves 2.3kg.

The new Niro looks appealing, more like an SUV than before, and is comfortable and spacious.

As Kia admits, the PHEV will be the least popular variant, but it's a powertrain with advantages - particularly for those who tow boats and small caravans for whom a pure EV is impractical.

## HI-TECH MONSTER

Ducati has launched a new top-of-the-range SP version of its Monster that will arrive in the UK in January.

The bike features loads of goodies including top-flight Ohlins suspension, lightweight Brembo Stylema brakes, a Termignoni silencer and, to shave off a few more ounces, a lithium-ion battery. The engine is the standard



111bhp Testastretta V-twin but fitted to the SP is a recalibrated suite of riding modes, including one that promises extra safety when the roads are wet.

No price has been released yet.

## PLUG-IN PUGS ON WAY

When Peugeot launched its new 308 hatchback and estates a year ago it promised electric versions would arrive later. Well, here they are.

Set to be on sale early next year, the cars will be powered by a 54kWh battery and 156bhp electric motor and will have a range of 248 miles.

An on-board 11kW charger will allow charging at 100kW which means 20% to 80% capacity in less than 25 minutes.

We don't have prices yet, but we expect them within the next month or so. When it goes on sale, the estate version will be one of only three fully electric estates on the market.

The other two are the Porsche Taycan Cross Turismo and the MG5 - one rather more expensive than the other.



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**PROVING that you never know where a part-time job will take you is Paul Jones, who started out as a receptionist at Travelodge to make ends meet at university. Today, Paul, 39, from Chester, is in charge of 12 London hotels.**

### What is your current job?

As a principal district manager I oversee a dozen London hotels. I love my job as no one day is the same as the last.

One day I might be interviewing for a new colleague to join the business and the next day I am opening a new hotel. The day after that I might be meeting with the central support teams at head office to discuss the business and what we are doing to make it better for our colleagues and customers.

I work with such a vast array of people all with different backgrounds, beliefs and experiences, so no conversation is the same. Plus, I am lucky to get to meet people from all around the world who choose to stay at Travelodge when visiting, whether that is for business or pleasure.

### How did you start out?

I was looking for a part-time job that I could work around my studies at Manchester University.

Travelodge was a perfect job as I could work in Manchester while

I was at uni but was allowed to transfer to a hotel closer to my home in Chester when I returned home out of term time. I worked as a receptionist and would also help the housekeeping team as the extra shifts came in handy.

I soon developed a passion for working within the hospitality sector and I enjoyed the buzz of working in a busy hotel as you get to meet so many different people and no two days are ever the same.

When I graduated I decided to pursue a career in hospitality and it has turned out to be the best decision that I have ever made.

I took on a full-time position as a receptionist and quickly expanded my skill-set so that I knew how all the functions of a hotel worked.

My hard work paid off as I worked my way up from receptionist to hotel supervisor and then I was put forward to the in-house management development programme called Aspire – where I learnt all the skills and obtained the qualifications to become a hotel manager. That was it... my path was set.

### What do you love about the job?

We are a big organisation with a family feel where everyone belongs, and is welcome.

One of the best parts of my job is watching people grow in their roles and within themselves. It makes me proud as a manager to

see someone who started as a team member and then a few years later they are running one of our hotels.

On a personal level the career opportunities are huge. The job can be tough at times but if you put in the hard work you are rewarded.

I was so delighted when I won district manager of the year last year at our annual company conference – that's a long way from starting out as a part-time receptionist 15 years ago.

### Have you had any particular career highlights?

Everything we do in our business is for our customers and for our colleagues – so we are always looking for new and innovative ways to deliver a better service for customers and team members. I have been very lucky to work on some great projects.

One of the tastiest is to design and trial our new menu launches. Most recently, I helped launch pancakes on our unlimited breakfast menu – which have been a big hit with our customers.

Last year, I was also involved in the roll-out of our army of RoboVac vacuum cleaners to nearly 580 UK hotels. These have been brought in to support and be a virtual buddy to our housekeeping teams so that the RoboVac can vacuum the room while the team member continues to clean the room.

I would never have dared imagine I could have such an impact on a business.

to be filled immediately. If you are a parent looking to return to work, or need a job that fits around the school run, then joining the housekeeping teams could be the perfect role for you as Travelodge

offers flexible working shifts to fit around school hours so that you can work, raise your family and climb the career ladder.

For more info, visit: [travelodge.co.uk/careers/CareerPaths/](https://travelodge.co.uk/careers/CareerPaths/)

If you want to follow in Paul's footsteps, or want a part-time job in hospitality, then Travelodge currently has more than 200 jobs in its housekeeping teams that need

mirror.co.uk/business

FINANCE

Edited by  
GRAHAM  
HISCOTT

# JD chief given the £6m boot

## DEAL LOCKS IN COWGILL AS ADVISOR

**THE ousted boss of trainer chain JD Sports will be paid more than £6million to prevent him teaming up with a rival business.**

Peter Cowgill left the firm in May after a review of owner JD Sports Fashion's corporate governance.

The 69 year old was credited with turning JD into a retail powerhouse during his 18 years at the business.

But his no-nonsense approach, as well as his dual chairman-CEO, role, attracted criticism.

JD yesterday confirmed it had reached an agreement with Mr Cowgill.

The deal will see him pocket £3.5m to prevent him working for or advising any of the company's competitors for two years, and £2m to act as a consultant for

JD for three years. He is also entitled to another year's salary of nearly £900,000.

JD chairman Andy Higginson, a former Tesco director and Morrisons chairman, said: "Peter has hugely valuable experience built over 18 years which we do not want to lose."

Former B&Q executive Régis Schultz was appointed as JD's new chief executive in August.

The agreement comes as the firm prepares to publish its first-half results today.

Broker Shore Capital said:

"Cowgill's three-year commitment prevents the challenges of any competing activity he may wish to have pursued and permits the new CEO and board to have ongoing engagement with the executive that did most to build JD."

EXIT  
Peter  
Cowgill

## BETWAY AD OWN GOAL

Gambling giant Betway has been fined more than £400,000 for advertising on a children's colouring-in page within West Ham United's website.

It displayed its logo on two pages of the Premier League club's site designed for children between 2020 and 2021, breaking the Gambling Commission's rules on social responsibility.

Betway blamed a technical error, and added: "As soon as we were made aware of this error, we took immediate action to get it removed."



High street giant Marks & Spencer yesterday announced £15million of support to help workers with the cost-of-living crisis.

From October 1, more than 40,000 staff will see their hourly pay increase to a minimum of £10.20, on top of an increase from £9.50 to £10 in April this year.

The retailer is also giving 4,500 salaried workers in its stores and support centres a one-off £250 M&S voucher.

## FTSE 100

up 44.9 at 7237.6

Oil = \$90.05

Abrdn	146.7	+4.3	HSBC	524.9	-9.2	Shell Plc	2335.0	+32.5
Anglo American	2814.5	+36.5	Imperial Brands	1900.0	-14.0	Smith & Nephew	1025.5	-12.5
AB Foods	1323.0	+2.0	International Airlines Grp	104.8	-3.5	Smiths WH	1409.0	+4.0
Admiral Group	2159.0	+7.0	ITV	63.0	-0.0	Standard Chartered	598.6	-4.2
AstraZeneca	10090.0	+14.0	JD Sports	123.9	+0.9	Taylor Wimpey	107.0	+3.9
Aviva PLC	437.5	+1.0	Kingfisher	237.5	-0.1	Tesco	225.8	+1.7
BAE Systems	805.0	+33.2	Land Securities	599.6	+9.0	Unilever	4052.5	+75.0
B&M European	333.0	+1.0	Legal & General	262.0	+2.7	United Utilities	1021.5	+16.0
BAT	3455.0	-26.5	Lloyds	48.5	-0.5	Vodafone	108.8	+2.4
Balfour Beatty	336.4	-3.8	Marks & Spencer	110.9	-0.8	Whitbread	2560.0	-60.0
Barclays	167.8	-4.1	National Grid	1037.0	+18.0	Reich PLC	78.5	+2.2
BR Land Co	398.1	+5.4	NatWest Group	264.1	-5.2			
BP	455.6	+3.0	Next	575.0	+28.0			
BT	135.1	-1.9	Ocado	575.0	-31.4			
Capita Group	28.9	-0.2	Pearson	882.0	-5.0			
Carnival	765.8	-56.2	Persimmon	1400.0	+63.0			
Centrica	81.3	+1.7	Prudential	957.6	+3.8			
Compass	1858.0	+7.0	Reckitt	6260.0	-16.0			
Currys Plc	64.6	+1.3	RELX	2231.0	+30.0			
Diageo	3801.0	+47.5	Rentokil Initial	517.2	+5.6			
Direct Line	204.9	-0.3	Rio Tinto	4720.0	-24.0			
Easyjet	340.9	-11.7	Rolls-Royce	74.3	-1.5			
Ferguson	9812.0	+114.0	Royal Mail	214.9	+0.5			
Fraser's Group	788.0	+1.0	J Sainsbury	194.8	+0.6			
GlaxoSmithKline	1304.6	-8.0	SSE	1739.0	+32.0			
Halfords	154.3	+4.1	Severn Trent	2643.0	+31.0			
Hays	117.9	+1.3	Serco	164.7	+2.7			

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PSV1A	140L	5.6M	5.6M	£54.99	£66.99
PSV4A	216L	8M	8M	£59.98	£71.98
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CB8209C	9 DR CHEST	£159.95	£191.94
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CB8217C	7 DR CABINET	£289.00	£346.80

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PLS195B	2640psi	6.5 HP	£479.00	£574.80
PLS220	3335psi	9 HP	£639.00	£766.80
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RL GRAND FINAL

ST HELENS v LEEDS

SATURDAY

MARK'S  
FEELING  
GRAND  
NOW

Percival fit and firing after recovering from knee injury that threatened career

RUNNING INTO FORM  
Percival has found fitness just in time to help Saints as they search for more glory



EXCLUSIVE  
BY DAVE CRAVEN  
RL Correspondent  
@DCravenRL



ST HELENS star Mark Percival has told how just weeks ago he feared he might never play again - but is now steaming into the Super League Grand Final.

The England centre faces Leeds in Saturday's Old Trafford decider as Saints bid for an unprecedented fourth straight title.

But he has spent most of this campaign hobbling around, sidelined by a "weird" knee injury which simply didn't want to go away. After four months out, Percival finally did make a timely return in Saturday's semi-final win over Salford.

But it is only now he's revealed the full alarming truth about the problems he's faced. Percival said: "I had a small fracture in my knee that I played with for a few weeks.

"The pain management was OK and I could do it and wanted to play. But then it caused bone fluid which isn't good. It can cause other things to go really bad in the

structure of your knee. I was seeing a few specialists and they said, while that fluid was there, I wasn't allowed to play until it started showing resolution.

"I just had to rest it and go on crutches a few days at a time to take the pressure off completely.

"It doesn't sound much and when you explain to people they probably do feel, 'Ah, just get on with it.' But it was quite serious.

"If I'd carried on playing, I could have ended up ruining my career and not playing again."

Thankfully, Percival did get the all-clear recently and successfully came through his long-awaited return unscathed.

But on his enforced absence, he recalled: "It was very frustrating as I felt great. I wanted to carry on but the specialist just wouldn't allow it. It was a bit hush-hush but I'm back now and won't shy away from the truth.

"I had to take that time to rest but the rest just turned into months as the risk was so high coming back playing. I'm only 28

and want to make sure I get the best out of myself for the next five years or so. But the good thing is the knee has improved."

And Saints stand just 80 minutes away from history. Percival, who hopes to prove his fitness for the World Cup next month, added: "I'm happy as now we're in the Grand Final and I've another chance. We're expecting the absolute best from Leeds.

"If we're not on it, they'll beat us. But we had a couple of players back last week and we're building on that. We'll do anything we can to get that win."

St Helens were boosted last night with news that loose forward Morgan Knowles (inset) is free to play in the Grand Final after he challenged a two-game ban for a second time. He had previously lost an appeal for a "dangerous contact" on Salford's Chris Atkin in the semi-final clash.

Liam Moore has been named as final referee for the second year running.



LIAM'S CRAZY FOR GLORY

BY DAVE CRAVEN  
DEPARTING Liam Sutcliffe admits it will be "crazy" if he signs off from Leeds as a Grand Final winner again.

The three-quarter, 27, joins Hull at the end of the season after spending his entire senior

career with his hometown club. Sutcliffe (left) was in the Rhinos side the last time they prospered in 2017.

Leeds were in 11th a few months ago before their remarkable turnaround earned them a showdown with

champions St Helens on Saturday.

Sutcliffe said: "It would be crazy to win it again. To think back to when we were relegation candidates to now being 80 minutes away from winning the Grand Final."

BOXING WBO INTERIM HEAVYWEIGHT TITLE, SAT

HAYE PLEADS:  
HAVE A GO JOE



EXCLUSIVE BY DAVID ANDERSON  
JOE JOYCE has been warned by David Haye he cannot rely on his "granite chin" to beat Joseph Parker.

Joyce is renowned for his ability to take a punch and the 'Juggernaut' loves to walk down opponents before flattening them. But Haye believes that tactic could backfire against the hard-hitting Parker (right) at Manchester's AO Arena on Saturday in their clash for the WBO interim heavyweight title.

"When you ask anyone about Joe Joyce's

attributes, the first thing they all say is his granite chin," said the former WBA heavyweight king.

"He can take an obscene amount of abuse.

"But you can't fight at world level consistently, taking concussive punches, it doesn't work.

"Joyce has got great reflexes and he's very, very explosive. He needs to apply those attributes."

Haye claims Joyce must be clever against Parker because the former WBO title holder is the first elite fighter the Olympic silver medallist (top) has faced in



his 14-fight unbeaten pro career. Parker is a whole other animal," added Haye. "He's been there, seen it, done it. He is legitimately world class. He's a former WBO champion.

"He beat Andy Ruiz Junior, who's knocked out Anthony Joshua and 'King Kong' Luis Ortiz.

"His only two losses are to AJ and Dillian Whyte."

Katie Taylor will defend her status as undisputed world lightweight champion against unbeaten Argentinian Karen Elizabeth Carabajal at OVO Arena Wembley on October 29.

The Irish fighter will put her WBC, WBA, IBF and WBO titles on the line.

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## PERTH

RTV

**NEWSBOY** 1.35 THE KNIPHAW; 2.10 GOWEL ROAD; 2.45 FINE BY ME; 3.20 CORRIGREEN ROCK (NAP); 3.55 WELL PLANTED; 4.30 EASY BUCKS; 5.02 FUJI ROCKS.

**BOUVERIE** 1.35 COUNTRY QUEEN; 2.10 STATUARIO; 2.45 FINE BY ME; 3.20 BIG DIFFERENCE; 3.55 JACKHAMMER; 4.30 EASY BUCKS; 5.02 WISTERIA BLOOM.

**GOING:** Good-Good to Soft in places.  
**COURSE:** Right-handed course of 1m 2f with tight turns, eight fences per circuit, 283yd run-in.  
**TOP TRAINERS:** G Elliott 59-169 (34.9%), L Russell 31-333 (9.3%), D McCain 21-77 (27.3%), F O'Brien 17-67 (25.4%), P Bowen 15-44 (34.1%), J Jardine 14-104 (13.5%), N Twiston-Davies 13-64 (20.3%), S Crawford 7-95 (7.4%).  
**TOP JOCKEYS:** Brian Hughes 66-313 (21.1%), Sean Bowen 37-104 (35.6%), Derek Fox 16-176 (9.1%), Craig Nichol 15-114 (13.2%), James Bowen 15-56 (26.8%), Sean Quinlan 13-136 (9.6%), Conor O'Farrell 13-130 (10.0%), Danny McMenamin 12-106 (11.3%), Stephen Mulqueen 12-115 (10.4%).

**TRAINER TARGETS:** G Elliott won the 1.35 in '13, '18 and '19. G Elliott won the 3.20 in '18 and '21.  
**1ST TIME BLINKERS:** 2.45 Lockdown Leader, 3.55 Jackhammer.  
**CHEEKPIECES:** 2.45 Go Bob Go, You Name Him, 3.55 Curious Times, Wor Verge.  
**TONGUE STRAPS:** 1.35 Masrur, Mrindependant, 2.10 Hermann Clermont, 2.45 You Name Him, 3.20 The Greek, 3.55 Curious Times, Long Stay\*, Platinumcard, Wor Verge, 4.30 Ladronne, Return Fire, (=1st time).  
**1ST TIME SINGE WIND OP:** None.  
**1ST TIME HOODS:** 1.35 Magic Mike, Masrur.  
**PROFITABLE RACES FOR FAVS:** 1.35.

### 1.35 EDINBURGH GIN OWNER TRAINER JOCKEY AWARDS NOVICES' HURDLE (4) 2m Winner £3,812 (9 run)

SPOT FORM

1	2323-8	CEOLWULF (68) Chris McSharry 6 11-0 (EW).....	Craig Nichol	115	G
2	521F1	COUNTRY QUEEN (20) G Elliott (IRE) 5 11-0 (SF).....	S Bowen	124	G
3	43-4	HAVING A BARNEY (24) M Walford 5 11-0.....	J Hamilton	74	G
4	S62-	JET LEGS (17) M Todhunter 5 11-0.....	C Bewley	116	GS
5	94-656	MAGIC MIKE (8) (H) Paul Robson 5 11-0.....	D McMenamin	69	G
6	3-0	MASRUR (5) (H) S Crawford (IRE) 7 11-0.....	J Bowen	-	-
7	70-6	MRINDEPENDANT (135) B Barnes 5 11-0.....	S Mulqueen	36	G
8	236-	OUR MARTY (180) L Russell 4 10-12.....	D R Fox	-	-
9	2-2	THE KNIPHAW (130) N Twiston-Davies 4 10-12 (F).....	S Twiston-Davies	-	-

BETTING: 7-4 Country Queen, 5-2 The Kniphaw, 3 Jet Legs, 8 Our Marty, 16 Ceolwulf, 20 Masrur, 25 Having A Barney, 33 Magic Mike, 100 Mrindependant.

### 2.10 REMEMBERING TIM HARDIE NOVICES' LIMITED HANDICAP CHASE (GBB RACE) (3) 2m 4f Winner £7,951 (4 run)

1	61327-	GOWEL ROAD (190) N Twiston-Davies 6 11-10 (SF).....	S Twiston-Davies	-	-
2	14143-	HAUTE ESTIME (167) L Russell 5 10-12 (F).....	D R Fox	-	-
3	-42112	HERMANN CLERMONT (17) G Elliott (IRE) 5 10-9 (BF, C).....	S Bowen	147	S
4	-22231	STATUARIO (40) P Bowen 10 10-6 (CD).....	Bowen	149	G

BETTING: 15-8 Gowel Road, 9-4 Haute Estime, 10-3 Statuario, 4 Hermann Clermont.

### 2.45 HERE'S TO YOU HAZEL PEPLINSKI HANDICAP HURDLE (5) 3m Winner £3,432 (8 run)

1	311122	YOU NAME HIM (16) R Menzies 6 12-2 (BF, D).....	B Hughes	104	G
2	046-11	BRANDY MQUEEN (116) H Graham & G Rutherford 5 11-13 (CD) (F).....	Craig Nichol	103	GF
3	58-222	BRIDGE ROAD (30) J Candlish 6 11-7 (BF) (EW).....	Sean Quinlan	106	G
4	-24341	GO BOB GO (17) R M Smith 5 11-5 (C).....	T Dowson	104	G
5	677-14	FINE BY ME (9) N Twiston-Davies 5 11-0 (BF) (SF).....	S Twiston-Davies	109	G
6	0-753P	LOCKDOWN LEADER (17) (B) Ewan Whillans 6 10-3.....	E Austin (5)	105	GS
7	54-525	EMIRAT DE CATANA (57) S Russell 8 10-2 (CD).....	A Doyle (7)	105	G
8	846463	NEAL ZEALAND (16) L Kerr 5 10-2.....	T Willmott (3)	96	G

BETTING: 2 Brandy McQueen, 7-2 You Name Him, 5 Fine By Me, 13-2 Go Bob Go, Bridge Road, 10 Emirat De Catana, 16 Lockdown Leader, 33 Neal Zealand.

2021: FAIRLAWN FLYER 5 10 8, James Bowen 9-2 Fav (P Bowen), 10 ran.

### 3.20 ROBERTSON - HOME TO MORE HANDICAP CHASE (4) 2m 4f Winner £4,684 (6 run)

1	0842F6	THE GREEN (24) (B) G Elliott (IRE) 6 12-2 (F).....	S Bowen	120	G
2	/071U-	WYE AYE (340) (H) P Kirby 7 12-0 (D).....	R Chapman	122	GS
3	63F23-	CORRIGREEN ROCK (181) L Russell 5 11-11 (SF).....	D R Fox	-	-
4	F2-531	BIG DIFFERENCE (57) T Reed 9 11-1 (CD).....	H Reed	123	G
5	205323	SWORD OF FATE (1) L Kerr 9 11-1 (CD).....	B Hughes	126	G
6	154U34	MALANGEN (1) Miss L Harrison 7 10-11 (CD).....	T Dowson	-	-

BETTING: 9-4 Corrigenous Rock, 3 Big Difference, 10-3 Sword Of Fate, 11-2 Wye Aye, 8 The Green, 12 Malangen.

### 3.55 BET WITH THE DEWHURST RING JET MASTER HANDICAP HURDLE (4) 2m Winner £4,520 (10 run)

1	23FF3/	NAVATI (013) D McCain 8 12-2 (CD).....	T Gillard (3)	-	-
2	27F12/	LONG STAY (668) F O'Brien 7 12-0 (D).....	P Brennan	-	-
3	/12-82	PLATINUMCARD (17) G Elliott (IRE) 7 11-11 (BF, D) (SF).....	S Bowen	114	G
4	57-831	CURIOUS TIMES (1) S Crawford (IRE) 9 12-4 (Tex).....	J Bowen	121	SH
5	3-3129	WELL PLANTED (F48) R M Smith 5 11-9 (CD) (EW).....	B Hughes	119	G
6	417-42	HOLMES ST GEORGES (84) S Crawford (IRE) 5 11-2 (D).....	D Jacob	106	G
7	11779-	WOR VERGE (181) S Corbett 9 11-2 (CD).....	N Moscrop	118	S
8	22514-	CUBAN CIGAR (F4) L Russell 4 10-12 (CD).....	D R Fox	119	S
9	3261-1	JACKHAMMER (F29) B D Sayer 8 10-4 (CD) (F).....	D McMenamin	117	GS
10	841052	PATEEN (16) (V) J Bedi 10 10-3.....	A Anderson (5)	120	Y

BETTING: 11-4 Platinumcard, 4 Jackhammer, 6 Holmes St Georges, Long Stay, 13-2 Curious Times, 10 Well Planted, Navati, 14 Cuban Cigar.

### 4.30 CENTENARY SILVER PLATE HANDICAP CHASE (4) 3m Winner £4,684 (4 run)

1	6315-2	LADRONNE (126) T Collier 8 12-0.....	Sean Quinlan	113	GS
2	33938-	RETURN FIRE (181) L Russell 6 11-6.....	D R Fox	-	-
3	6224-1	RAPID RAIDER (141) L Russell 8 11-2 (D) (SF).....	S Mulqueen	115	G
4	/36-22	EASY BUCKS (18) P Bowen 7 11-1 (D) (F).....	S Bowen	114	G

BETTING: 6-4 Rapid Raider, 7-4 Easy Bucks, 4 Ladronne, 15-2 Return Fire.

### 5.02 HAVE YOUR CHRISTMAS PARTY AT PERTH OPEN NH FLAT RACE (GBB RACE) (5) 2m Winner £2,722 (9 run)

1	175-	BRAY DALE (164) Catch Bissett 5 11-2 (D).....	B Lynn (5)	103	GS
2	56	DAPPER GENT (80) M Barnes 5 11-2.....	A Anderson (5)	100	G
3		FUJI ROCKS F O'Brien 5 11-2 (SF).....	P Brennan	-	-
4		SHIR I DON'T KNOW I Jardine 5 11-2 (EW).....	C O'Farrell	-	-
5		BIX BEIDERBECKE L Russell 4 11-0 (F).....	S Mulqueen	-	-
6	3-	JEM IN EM (187) L Russell 4 11-0.....	Conner McCann (10)	-	-
7	2-4	TOMMY'S FORTUNE (126) T Collier 4 11-0.....	Sean Quinlan	102	G
8	29	WISTERIA BLOOM (34) G Elliott (IRE) 4 11-0.....	S Bowen	107	G
9		SOLWAY STAREE Miss L Harrison 4 10-7.....	T Dowson	-	-

BETTING: 7-4 Fuji Rocks, 9-2 Bix Beiderbecke, 6 Wisteria Bloom, 15-2 Bray Dale, 8 Jem In Em, 10 Shir I Don't Know, Tommy's Fortune, 20 Solway Staree, 25 Dapper Gent.

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BY **MELISSA JONES**

**WRONGED** jockey Sean Levey has called for an investigation from the debacle which robbed him of landing a £20,000 bonus.

Levey said he felt "aggrieved" after missing his chance of winning the lucrative Racing League top jockey award when he was stood down by

raceday stewards last Wednesday after failing an instant saliva test.

The sample produced a positive result for amphetamine, a prohibited substance.

Levey immediately requested a urine sample, which came back negative – but it has cost

him eight days of wages, plus a shot at the five-figure sum in the competition.

Levey, who returns at Haydock tomorrow, said in a statement: "It's hard not to feel aggrieved.

"Some might say I've been unlucky with the

false positive happening just before the Racing League final, but I sincerely hope that there are lessons to be learned from this and that similar things don't happen to jockeys in the future."

And, later, Levey (left) told At The Races: "I hadn't taken anything and I was innocent. It has tarnished my name. And I

still haven't heard anything back from the BHA as far as an apology is concerned."

A spokesperson for the British Horseracing Authority said: "The BHA can confirm that Sean Levey is able to ride and will be making no further comment at this time as the matter remains confidential."

## AGGRIEVED LEVEY SEEKS INQUIRY



## NEWMARKET

## PONTEFRAC

RTV

<b>NEWSBOY</b>	<b>BOUVERIE</b>
1.43 IMPERIAL KHAN	1.43 ARNOLD
2.18 GOLDEN PASSPORT	2.18 KITAI
2.53 EAGLE'S WAY	2.53 EAGLE'S WAY (NB)
3.28 EDGE OF DARKNESS	3.28 WAN'EM
4.03 VENTURA EXPRESS	4.03 RUNNINWILD
4.38 ENOLA GAY	4.38 ENOLA GREY
5.10 CORINTHIA KNIGHT	5.10 IT JUST TAKES TIME

**GOING:** Good-Good to Firm in places.  
**COURSE:** Left-handed oval, undulating track of 2m, stiff 3f uphill climb to the finish.  
**DRAW:** Low numbers best.  
**TOP TRAINERS:** C & M Johnston 33-200 (16.5%), T Easterby 32-305 (10.5%), D O'Meara 26-168 (15.5%), P Midgley 20-140 (14.3%), K R Burke 18-100 (18.0%), Sir M Stoute 13-40 (32.5%).  
**TOP JOCKEYS:** Graham Lee 24-204 (11.8%), Paul Hanagan 21-155 (13.5%), Kevin Stott 19-114 (16.7%), Jason Hart 19-131 (14.5%), P J McDonald 13-107 (12.1%), Phil Dennis 11-85 (12.9%).

**TRAINER TARGETS (won today's race at least twice in last 10 years):** P Midgley won the 4.03 in '13, '18, '19 and '21.  
**CHEEKPIECES:** 1.43 Blissful Song, Dazzling Dan, Sixer, 3.28 Happy Dancer\*, 4.03 Ginger Jam, Ready Freddie Go, Showalong, 5.10 Corinthia Knight, Ey Up Its The Boss, Golden Apollo, Speedacus.  
**TONGUE STRAPS:** 4.03 Mytilda, 5.10 Churchill Bay, Cottam Lane\*, Golden Apollo. (\*=1st time)  
**PROFITABLE RACES FOR FAVS:** 2.53.

### 1.43 YORKSHIRE WONDER HORSE APPRENTICE HANDICAP (6) 5f Winner £3,456 (11 run)

1	(7)	217	HIGH SECURITY (23) N Tinkler 4-9-13 (D) (SF).....A Jary (7)	71	G
2	(7)	135	BLISSFUL SONG (16) M Appleby 4-9-12 (BF, D) (SF).....F Larson (3)	69	G
3	(1)	468	VAN GERWEN (16) P Midgley 9-9-12 (CD).....A Fielding (7)	74	G
4	(3)	706	DAZZLING DAN (16) Oly Williams 6-9-11.....A Brookes (3)	69	G
5	(10)	290	SIXCOR (7) Miss L Perratt 4-9-9 (D) (EW).....H Russell	72	G
6	(8)	436	BLAZING HOT (27) B D Brown 5-9-8 (D).....O Stammers	73	G
7	(1)	118	CANARIA PRINCE (23) D Easterby 4-9-7 (BF, D).....S B Kiriame	70	ST
8	(9)	224	SPEAR FIR (20) Simon Whitaker 3-9-7 (BF).....Mark Winn (5)	71	G
9	(6)	364	IMPERIAL KHAN (25) P Midgley 3-9-4.....Ryan Sexton (3)	69	G
10	(5)	265	ARNOLD (24) Mrs A Duffield 8-9-0 (BF, D).....O McSweeney (3)	72	G
11	(4)	248	SHARRABANG (28) Mrs Stella Barclay 6-8-8 (D).....F McManoman	72	ST

BETTING: 9-2 Blissful Song, 11-2 High Security, 6 Blazing Hot, 13-2 Canaria Prince, 7 Imperial Khan, Spear Fir, 8 Sixcor, 10 Arnold.

2021: MUATDEL 8 8 7, Zak Wheatley (5) 9-2 (J Wainwright), drawn (3), 7 ran.

### 2.18 NORTHERN COMMERCIALS SERVICE, SALES AND PARTS EBF 'CONFINED' MAIDEN STKS (5) (2-Y-0) 6f £3,780 (9)

1	(9)	7	AL KHAWANEES SPIRT (27) Alice Haynes 9-7.....	K Stott	69	G
2	(1)		BANQUO K R Burke 9-7.....	J Hart	-	-
3	(4)		BAY OF HOPE M & D Easterby 9-7.....	C Beasley	-	-
4	(2)	87	CAPITAL OFFENCE (21) E Bethell 9-7.....	S James	61	FM
5	(6)	4	GOLDEN PASSPORT (56) E Walker 9-7 (F).....	P J McDonald	76	GF
6	(5)		MOON FRIEND T Easterby 9-7.....	D Fentiman	-	-
7	(7)	86	SMOOTH RED (4) G Tuer 9-7.....	O Stammers (3)	56	G
8	(3)	22	KITAI (20) C & M Johnston 9-2 (BF) (SF).....	R Kingscote	91	G
9	(8)	44	PENNY GHENT (62) Simon Whitaker 9-2 (EW).....	P Dennis	77	G

BETTING: Evens Kitti, 3 Golden Passport, 13-2 Banquo, 12 Al Khawanees Spirit, 14 Penny Ghent, 20 Moon Friend, Bay Of Hope, 25 Smooth Red, Capital Offence.

2nd: ELDRICK JONES 9, Mark Crehan(3) 2-13 Fav (R Fell), drawn (2), 4 ran,

BETTING: Evens Kitai, 3 Golden Passport, 13-2 Banquo, 12 Al Khawanees Spirt, 14 Penny Ghent, 20 Moon Friend, Bay Of Hope, 25 Smooth Red, Capital Offence.

2021: ELDRICK JONES 9 5, Mark Crehan (3) 2-13 Fav (R Fell), drawn (2), 4 ran.

### 2.53 SIMON SCROPE DALBY SCREW-DRIVER HANDICAP (3) 1m 2f Winner £8,100 (7 run)

1	(3)	37	THE TRADER (J9) S England 6-10-0.....J England	79	G
2	(7)	-26	SATONO JAPAN (72) Sir M Stoute 5-9-11.....R Kingscote	95	G
3	(6)	111	EAGLE'S WAY (56) Sir M Prescott 3-9-7 (D) (SF).....L Morris	92	G
4	(1)	568	CROESO CYMRAEG (21) H Evans 8-9-6 (D).....F Larson (5)	96	G
5	(2)	175	HIGHWAYREY (18) T Easterby 6-9-2 (CD).....S B Kiriame (3)	92	G
6	(4)	123	CROACHID (34) R Varian 3-9-2 (D) (F).....C Noble	91	G
7	(5)	661	OUTSIDE WORLD (16) C & M Johnston 3-8-12 (D).....J Hart	91	G

BETTING: 11-10 Eagle's Way, 4 Croachid, 6 Outside World, 7 Satono Japan, 10 Crosso Cymraeg, 12 Highwayrey, 20 The Trader.

2021: LIVING LEGEND 5 9 12, Joe Fanning 7 (C & M Johnston), drawn (1), 4 ran.

### 3.28 IVECO BUSINESS TRIMLINE NORTHERN COMMERCIALS RESTRICTED NOVICE STKS (5) (2-Y-0) 1m £3,725 (9)

1	(9)	1	WAN'EM (64) K R Burke 9-9 (SF).....S James	77	GF
2	(5)	BAROQUE PRINCE M Dods 9-4 (EW).....C Beasley	-	-	-
3	(7)	44	EDGE OF DARKNESS (16) C & M Johnston 9-4 (F).....R Kingscote	85	G
4	(2)	2	LERWICK (40) E Bethell 9-4.....K Stott	71	GF
5	(4)	MASS CONSUMPTION J O'Keefe 9-4.....P J McDonald	-	-	-
6	(8)	89	OSKAR (10) V N Tinkler 9-4.....F McManoman (3)	26	GS
7	(6)	DRAGONBALL PRINCE E Palmer 9-2.....A Mullen	-	-	-
8	(3)	87	HAPPY DANCER (27) T Easterby 9-2.....D Fentiman	53	G
9	(1)	DORA MILAJE D O'Meara 8-11.....J Hart	-	-	-

BETTING: 13-8 Wan'em, 3 Lerwick, 7-2 Edge Of Darkness, 8 Dragonball Prince, 16 Dora Milaje, Mass Consumption, Baroque Prince, 33 Happy Dancer, 50 Oskar.

2021: APPROACHABILITY 9 5, Joe Fanning 10 (C & M Johnston), drawn (8), 12 ran.

### 4.03 BABY DYLAN'S FIRST DAY AT THE RACES HANDICAP (3) 5f Winner £6,480 (9 run)

1	(5)	740	READY FREDDIE GO (19) O Pears 4-10-0 (D) (EW).....H Russell (3)	94	GF
2	(3)	610	LORD RIDDIFORD (11) J J Quinn 7-9-12 (D) (F).....J Hart	95	SS
3	(6)	878	JAWWAL (27) M Dods 7-9-6 (D).....Paige Hopper (7)	93	G
4	(9)	785	VENTURA EXPRESS (20) P Midgley 5-9-4 (CD).....G Lee	94	GF
5	(7)	021	RUNNINWILD (27) Mrs A Duffield 4-9-3 (D) (SF).....P Hanagan	92	G
6	(1)	399	RAYONG (28) K R Burke 5-9-2 (CD).....S James	94	G
7	(8)	189	GINGER JAM (7) N Tinkler 7-8-13 (D).....Sophie Clements (7)	94	GF
8	(4)	096	SHOWALONG (54) T Easterby 4-8-10 (D).....JP Sullivan	97	G
9	(8)	-50	MYTILDA (18) H Craig Liddell 3-8-8 (D).....P Mathers	94	GF

BETTING: 9-4 Runniniwild, 7-2 Lord Riddiford, 5 Ventura Express, Rayong, 10 Ready Freddie Go, 12 Showalong, 15/20, 20 Jawwal, 25 Ginger Jam.

2021: SALUT 7 9 7, Paul Mulrennan 15/2 (P Midgley), drawn (6), 8 ran.

### 4.38 IRISH STALLION FARMS EBF FILLIES' NURSERY (4) (2-Y-0) 1m Winner £5,616 (4 run)

1	(1)	225	HONEYMOONER (21) M Muir & C Grassick 9-9.....P J McDonald	81	GF
2	(4)	143	SWIFT LIONESS (20) C & M Johnston 9-9 (F).....J Hart	80	ST
3	(3)	334	ENOLA GREY (16) J Portman 9-9 (D).....K Stott	82	GF
4	(2)	555	ZAAKARA (15) Sir M Stoute 8-10 (SF).....L Morris	83	SS

BETTING: 6-4 Swift Lioness, 2 Enola Grey, 9-2 Zaaakara, 5 Honeymooner.

2021: MY SILENT SONG 9 1, Paul Mulrennan 14 (E Dunlop), drawn (6), 6 ran.

### 5.10 CAYILL FAMILY HANDICAP (4) 6f Winner £5,616 (12 run)

1	(4)	415	HAYMAKER (27) H Morrison 3-9-12 (BF, D) (F).....J Hart	91	G
2	(5)	-57	IBIZA ROCKS (32) E Bethell 4-9-11 (BF).....P J McDonald	89	ST
3	(8)	471	SPEEDACUS (75) D O'Meara 3-9-9.....Mark Winn (7)	90	G
4	(2)	211	IT JUST TAKES TIME (9) M Walford 4-9-8 (D).....J Garrity	88	G
5	(7)	211	CORINTHIA KNIGHT (50) A Walford 9-9-10 (D) (SF).....L Morris	89	ST
6	(1)	248	CHURCHILL BAY (11) C Cox 4-9-3.....K Stott	90	G
7	(3)	923	EY UP ITS THE BOSS (40) J Coyle 3-9-0.....B McHugh	90	G
8	(10)	258	COTTAM LANE (14) N Tinkler 4-9-0 (CD).....F McManoman (3)	94	G
9	(2)	585	GOLDEN APOLLO (19) T Easterby 8-8-11 (BF, CD).....JP Sullivan	90	GS
10	(12)	657	POCKLEY (14) Miss L Perratt 4-8-8 (BF, D) (EW).....A Mullen	90	GF
11	(6)	300	DARK SHOT (15) B S Dixon 9-8-8 (D).....K Schofield (5)	93	GF
12	(9)	680	BOSSIPOL (14) B T Easterby 9-8-7 (CD).....D Fentiman	92	GF

BETTING: 3 Corinthia Knight, 7-2 It Just Takes Time, 11-2 Speedacus, Haymaker, 10 Ibiza Rocks, Ey Up Its The Boss, 12 Pockley, 16 Churchill Bay.

2021: OSO RAPIDO 4 9 5, Jason Hart 3 (R Fell), drawn (2), 8 ran.

### TODAY'S BAGS DOGS

<b>NOTTINGHAM</b> 11.06 Hold Fast (2-5-3) 11.21 Tipperary (1-6-3) 11.36 One Day Essay (Nap) (6-3-3) 11.51 Himbos Crystal (2-5-6) 12.06 Swift Hank (4-3-6) 12.21 Headford Chief (6-4-2) 12.36 Whizzing Raven (1-3-2) 12.51 Kelseys Duke (2-3-1) 1.06 Box Clever Lad (4-1-3) 1.21 Silverside Sky (6-3-4) 1.36 Bit View Messi (4-3-1) 1.51 Cauly Daisy (1-6-2)	<b>SHEFFIELD</b> 11.13 Conans Delight (2-4-3) 11.28 Springvale Gap (4-3-6) 11.43 Alton Sky (1-4-3) 11.58 Shady Ella (1-2-4) 12.13 Whats Up Jonjo
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**GOING:** Standard.  
**COURSE:** Round left-handed tapeta all-weather track of 1m 2f. There is a straight 5f course.  
**DRAW:** No advantage.  
**TOP TRAINERS:** M Appleby 89-766 (11.6%), K R Burke 50-265 (18.9%), S Dixon 47-647 (7.3%), Furtado 37-283 (13.1%).  
**TOP JOCKEYS:** Kieran O'Neill 35-393 (8.9%), Lewis Edmunds 29-201 (14.4%), Cam Hardie 29-337 (8.6%).  
**1ST TIME HOODS:** 5.25 My Mirage, 8.30 Siofra.

**CHEEKPIECES:** 4.50 Lady Ziana, 6.30 Jungle Bee, 7.00 Blackcurrent, Brandy Station, Enchanted Night, Red Stripes\*, Swopcor, 7.30 Ehrmann, Khabib, Marie James\*, Street Life, 8.00 Arabist, Away Wit Da Fairys, Henry The Fifth, 8.30 Central City, Colonial Love\*, Morning Symphony.  
**TONGUE STRAPS:** 5.25 Hoots Toots, Inexplicable, 6.00 Telemachus, 6.30 Miss Anaco\*, The Grey Lass, 7.00 Koropick, Miss Connaisseur\*, 7.30 Ehrmann, 8.00 Henry The Fifth, Nachos Cheese, 8.30 Miss Sligo, Morning Symphony. (\*=1st time).

### 4.50 DURALOCK PROUD SPONSOR OF SOUTHWELL H'CAP (DIV 1) (6) 1m Winner £3,726 (10)

1	(1)	862	EL JAD (17) V A Brittain 4-9-13 (SF).....DOUBTFUL	67	S
2	(9)	4694	EBURY (1) B S Dixon 6-9-13 (BF, D).....D Swift	67	S
3	(5)	856	NAADYAA (16) Joseph Parr 3-9-10 (EW).....T Hammer Hansen	69	G
4	(8)	237	MASOOL (14) H Evans 4-9-10 (CD).....D Costello	67	ST
5	(7)	074	VIVENCY (3) J Mackie 5-9-8 (F).....C Murtagh	66	ST
6	(4)	450	BOUNTY PURSUIT (10) M Blake 10-9-7 (C).....T Greatrex	68	GF
7	(6)	130	BACK FROM DUBAI (31) S Bowring 5-9-5 (BF, CD).....L Edmunds	67	G
8	(4)	830	LADY ZIANA (9) D Brown 4-9-11.....T Eaves	65	G
9	(2)	049	COME TO PASS (105) A Carroll 3-9-1.....J Mitchell	62	ST
10	(10)	357	LUSCIFIER (23) R Harris 5-8-13 (CD).....Gina Mangano (5)	61	ST

BETTING: 11-4 Vivency, 3 Back From Dubai, 11-2 Ebury, 6 Masool, 8 Naadyaa.

### 5.25 DURALOCK PROUD SPONSOR OF SOUTHWELL HANDICAP (DIV 2) (6) 1m Winner £3,726 (10 run)

1	(5)	321	HARBOUR VISION (9) V S Dixon 7-9-13 (D) (SF).....K O'Neill	68	ST
2	(6)	546	SIX O'CLOCK SWILL (30) P Pattinson 4-9-12.....J Bryan	53	ST
3	(8)	113	CLIPSHAM GOLD (35) K P De Foy 3-9-10 (BF, D) (F).....B Sayette (3)	69	G
4	(7)	-46	MY MIRAGE (49) H Alice Haynes 4-9-10.....T Hammer Hansen	66	ST
5	(4)	-9	THUNDER GAG (502) T Easterby 5-9-7.....B Garrity	-	-
6	(3)	318	WHEEL KITTY (27) B Smart 3-9-7 (D) (EW).....H Shaw	66	G
7	(2)	242	CLOCH NUA (7) Mrs Stella Barclay 3-9-3.....S Donohoe	70	ST
8	(9)	082	INEXPLICABLE (2) V A Brittain 5-9-2 (CD).....C Hardie	70	ST
9	(1)	351	HOOTS TOOTS (24) M D Easterby 3-9-1 (CD).....Joanna Mason	71	GF
10	(10)	685	KODIACLAIM (79) I Furtado 3-8-8.....J Haynes	44	ST

BETTING: 3 Harbour Vision, 7-2 Clipsham Gold, 5 Hoots Toots, 7 Cloch Nua.

### 6.00 CAZOO MAIDEN STAKES (GBB RACE) (5) 7f Winner £4,320 (13 run)

1	(3)	2	BAYRAAT (24) T Tate 6-9-10.....B Garrity	72	ST
2	(8)	STORM FRONT S bin Suroor 4-9-10.....D Costello	-	-	-
3	(9)	32	CASTLEBROCK ROCK (105) R Craggs 3-9-7 (BF) (EW).....T Eaves	78	G
4	(6)	233	DOUX ESPRIT (82) R Varian 3-9-7 (SF).....J Mitchell	86	GF
5	(7)	93	EBTHIAAJ (159) B Meehan 3-9-7.....L Steward	78	GF
6	(13)	8	GALTON (54) A Brittain 3-9-7.....C Hardie	48	G
7	(10)	4	TELEMACHUS (29) H J Fanshawe 3-9-7.....B Sayette (3)	65	SS
8	(12)	7	WIZARDING H Main 3-9-7.....J Bryan	-	-
9	(2)	7	CAZADE (5) A Carroll 3-9-2.....K O'Neill	64	G
10	(5)	7	COMPLANT (323) J Fanshawe 3-9-2.....R Scott	74	ST
11	(4)	LORDSBRIDGE (12) W Knight 3-9-2.....S Donohoe	-	-	-
12	(1)	-23	PRINTMES (92) K R Burke 3-9-2 (F).....Grace McEntee (3)	82	S
13	(11)	57	RUMAILAH (19) M Wigham 3-9-2.....Grace McEntee (3)	64	SF

BETTING: 9-4 Doux Esprit, 3 Printmes, 13-2 Ebthiaaj, 7 Castlebrock Rock.

### 6.30 DURALOCK AND GMA PARTNERSHIP HANDICAP (6) (3-Y-0) 5f Winner £3,726 (14 run)

1	(3)	110	NEXT SECOND (19) R Carr 9-9-10.....Josephine Gordon	64	SS
2	(13)	233	SPARKED (10) J Boyle 9-9-10.....B Sayette (3)	66	GF
3	(6)	638	TIBERIO SMILE (25) N Tinkler 9-7.....R Scott	65	G
4	(12)	628	SIX O' HEARTS (7) S Dixon 9-7 (EW).....Jefferson Smith	64	GF
5	(7)	884	TILSWORTH ONY TA (19) J R Jenkins 9-6-10.....C Lee	69	GF
6	(10)	58	JUNGLE BEE (59) T Easterby 9-7.....C Hardie	68	G
7	(1)	265	PRIMO (26) R Fell 9-5-3 (F).....J Peate (5)	64	G
8	(6)	21	THE GREY LASS (25) V M & D Easterby 9-5-3 (D) (SF).....S Gray	64	GF
9	(5)	722	SLATE CRACKER (24) D Carroll 9-4 (F).....H Shaw	65	ST
10	(4)	549	MISS ANACO (5) S Bowring 9-4-10.....L Edmunds	63	ST
11	(4)	455	MAYBE TONIGHT (46) A Carroll 9-4.....S Osborne (3)	64	GF
12	(14)	449	HATTIE C (14) R Harris 9-1.....Gina Mangano (5)	63	G
13	(6)	-29	GOOD TO GO (175) J R Jenkins 9-0.....J Bradman (7)	56	GS
14	(9)	665	GO POPPY (35) A Carroll 9-0.....K O'Neill	58	G

BETTING: 4 The Grey Lass, 11-2 Slate Cracker, 13-2 Sparked, 15-2 Next Second.

### SINGLE-SHOT STAR

(Top in-form jockey with just one booked ride)  
Paul Mulrennan: AZURE BLUE (2.25 Newmarket)

## CHELMSFORD

SKY

<b>NEWSBOY</b>	<b>BOUVERIE</b>
4.50 EBURY	4.50 BACK FROM DUBAI
5.25 CLOCH NUA	5.25 HARBOUR VISION
6.00 DOUX ESPRIT	6.00 PRINTMES
6.30 PRIMO	6.30 SLATE CRACKER
7.00 THE TRON	7.00 BLACKCURRENT
7.30 EHRMANN	7.30 SO GRATEFUL
8.00 GOLDEN SHOT	8.00 KITTEN'S DREAM
8.30 MISS SLIGO	8.30 VALLEY OF FLOWERS

### 7.00 CONNIE WHITE MEMORIAL HANDICAP (6) 5f Winner £3,726 (14 run)

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## RUGBY UNION CASH CRISIS



## WORCESTER AND WASPS FACE RUIN

BY ALEX SPINK

ENGLISH club rugby was confronted by its worst nightmare last night as two top clubs teetered on the brink of financial collapse.

Debt-crippled Midlands duo Wasps (above) and Worcester face going into administration - and being demoted from the Premiership.

Hours after the Rugby Football Union warned Warriors they face suspension from all competitions this Monday, Wasps filed notice in the High Court of their intention to appoint an administrator.

The two-time European champions have been unable to meet a deadline to pay back £35million in bonds which helped to finance their relocation to Coventry in 2014.

RFU regulations state that a team going into administration is liable for automatic relegation unless it can demonstrate the financial crisis was not its fault.

Club rugby was on its knees even before the coronavirus shutdown. A £59m Government rescue package for the Premiership only delayed this day of reckoning.

The RFU finally lost patience with Worcester's owners and their false promises yesterday.

"Whilst we appreciate this will be unwelcome news, it is clear the current state of affairs cannot continue," said the Union.

Warriors scraped together just enough money to cover costs for last night's Premiership Cup tie at Gloucester - dragging two players out of retirement to fulfil the fixture.

But with £25m of debt, a winding up petition due to come into force on October 5 and insurance cover only in place until midnight on Monday, owners Jason Whittingham (above) and Colin Goldring have been told to put up or shut up.

An ultimatum has been issued that Worcester will be suspended from all competitions - men and women - if the club cannot meet three demands.

It must provide evidence of insurance cover, availability of funds to meet the monthly payroll and a credible plan to take the club forward.

The plug could be pulled as soon as noon today if the relevant safeguards for Saturday's Premiership game at home to Newcastle are not seen to be in place.



## TENNIS

LAVER CUP  
LONDON'S O2 ARENA, STARTS TOMORROWEND OF A  
GOLDEN ERA

Federer, his fans and his family have had to come to terms with his decision to retire

Fed: My kids were in tears at news of my retirement

BY NEIL MCLEMAN  
@NeilMcLeman

**ROGER FEDERER yesterday revealed his wife Mirka is relieved and his children cried at the news of his retirement from tennis.**

And the Swiss superstar showed his human side by admitting he lived in fear of further damage to his injured right knee - and that he is now nervous before his farewell performance at the Laver Cup tomorrow night.

Federer has won 20 Grand Slam titles and a worldwide army of fans with effortless elegance over the past two decades.

Yet the 41-year-old opened up on the pain and uncertainty during his fight to continue his career over the last few years.

And despite three knee ops, he said it was not only him who was suffering.

Federer said: "The last few years have been tough for me, but I think it was even

tougher for Mirka. With all the injuries, she didn't enjoy watching me anymore.

"I felt sorry for her too. It's a great relief for her now that it's over."

The reaction of his two sets of twins - 13-year-old daughters Myla and Charlene and eight-year-old sons Lenny and Leo (below with their mum) - was more mixed.

Federer, who announced his decision on Instagram last Thursday, said: "I told

them the day before. I told them that nothing will change much. We've seen what it's going to be like over the last few years.

"Somewhere they are sad that I will stop. But they always expressed the wish, 'Stop playing tennis... we want to go skiing!'. I said it to all four at the same time and three out of four cried.

"I've had a lump in my stomach for the past two or three weeks.

"Writing the letter took a

lot of emotional energy." Asked if he is still in pain while playing, Federer revealed: "I get scared going too far because I don't want to bang it up and make it go completely crazy. Otherwise I could be playing."

Whether Federer is men's tennis greatest of all time ahead of his Europe teammates in London this week, Novak Djokovic or Rafa Nadal, is debatable.

His place in tennis history is undeniable.

"I always looked to the Michael Schumachers, Tiger Woods, all the other guys that stayed for so long at the top that I didn't understand how they did it," he said.

"Next thing you know, you're part of that group, and it's been a great feeling."

But for his encore in the doubles on The O2 stage, he owned up: "I'm nervous going in because I haven't played in so long.

"I hope I can be somewhat competitive."



'I won't be a ghost to the fans'

BY NEIL MCLEMAN

ALL-TIME great Roger Federer is open to returning to Wimbledon as a BBC commentator after promising he will not become a "ghost" in his retirement.

He will play his final ATP Tour match in the doubles at the Laver Cup in London tomorrow night - probably with Rafa Nadal.

But Federer (above) said he could still be seen and heard in the future in tennis.

"Funnily enough, I always thought I'll never go on the journalist side, or that commentary would never be a thing for me," he said.

"But the subject of commenting suddenly came to mind six months ago. Who knows? Maybe specifically commenting on some games at Wimbledon, for example.

"But I have no plans so far. Jumping back in and out every once in a while might be something tennis could use. This allows you to keep in touch with the Tour and the players. And sometimes when you're a past player, you need a purpose to come back to a tournament as well.

"It's not so much about Wimbledon. For me it's more about having past players or champions, for that matter commenting is important.

"It's super important because they give you the insight, they tell you how it used to be or how they felt.

"And sometimes you watch matches because of the commentary and less about the match itself. So it is a really important part to the game. And if I can add something, maybe that would be nice, but I would also have to think about it. But I just think it's important that we, the great players, still are around sometimes."

Federer, 41, announced last week that the Laver Cup will be his farewell. He added: "I wanted to let the fans know I won't be a ghost. I don't think Bjorn Borg returned to Wimbledon for 25 years.

"That, in a way, hurts every tennis fan. I wanted to let the fans know that you'll see me again."



CRICKET

THE 2023 ASHES

5 TESTS, 6 1/2 WEEKS

URN BELIEVABLE

Harmison warns of the dangers of England's mid-summer murder: Going back-to-back-to-back will be real challenge physically & mentally... it could prove just too much for some players

**EXCLUSIVE**  
BY MIKE WALTERS  
@MikeWaltersMGM

**ASHES legend Steve Harmison fears next summer's Test series against Australia - squeezed into a 46-day window - is a recipe for burnout.**

Just 24 hours before Sir Andrew Strauss publishes his High Performance Review, Lord's confirmed the worst-kept secret in cricket.

The 2023 Ashes will cram five Tests into six-and-a-half weeks, and it will be over by the end of July - to give The Hundred a free run in August.

At 46 days, it is the shortest window allocated in England for a series which is supposed to be Test cricket's jewel in the crown.

Harmison (above), a key member of the England side

who regained the urn after 18 years, warned: "Even if the players can handle the physical demands of such a packed schedule, the mental toll could be too much."

Earlier this summer, England Test skipper Ben Stokes (right) quit one-day international cricket hinting that the fixture calendar was placing an unsustainable burden on multi-format players.

And new white-ball captain Jos Buttler struggled to contain his dismay at a preposterous schedule of 12 limited-overs international fixtures in 24 days against India and South Africa in July.

Harmison, currently coaching Durham, warned the demands on players' fitness and mental stamina are in danger of reaching a tipping point.

He said: "In an ideal world, especially if you're a fast bowler,

you would like a five-match Test series to be afforded something like seven-and-a-half weeks.

"Back-to-back Test matches are nothing new, but when they go back-to-back-to-back, with little recovery time, that's a challenge - and not everybody will be able to handle it.

"That applies as much to the batters as the bowlers because the highs and lows of a roller-coaster series can do ridiculous

things to your mind. From a physical point of view, a fast bowler's body is trained to bowl fast.

"But if you're a top-order batsman scratching around for form, and you nick off a couple of times early in the series, there's little scope to address any technical issues."

There is widespread discontent that the 2023 summer does not feature a day of international cricket in August, bar a Twenty20 game against New Zealand at Durham on August 30, to accommodate The Hundred.

But Harmison conceded: "Franchise cricket is encroaching more and more on the calendar, and the windows to play Test series are becoming smaller, but the players can't have it both ways.

"If they are happy to accept the big money that comes with

playing in Twenty20 franchises or competitions like The Hundred, they must expect the timelines for Test cricket to be more limited."

England will warm up for the Ashes with a four-day Test against Ireland at Lord's before taking on the Aussies at Edgbaston on June 16.

The series continues at Lord's, Headingley and Old Trafford before the finale at The Oval, which is due to finish on July 31.

In the women's multi-format Ashes, England skipper Heather Knight is thrilled that the schedule will include, for the first time, a five-day Test at Trent Bridge.

Knight said: "I feel like I've been banging the drum for five days for a long time, so it's a special moment.

"It feels like the right time, for five days, for bigger grounds, and it feels like it's been a long time coming."



The highs and lows can do ridiculous things to your mind



The windows for Test cricket get smaller and smaller

TESTING TIME

ENGLAND TEST SCHEDULE 2023

June 1-4: England v Ireland, Lord's

June 16-20: First Ashes Test, Edgbaston

June 28-July 2: Second Ashes Test, Lord's

July 6-10: Third Ashes Test, Headingley

July 15-23: Fourth Ashes Test, Old Trafford

July 27-31: Fifth Ashes Test, The Oval

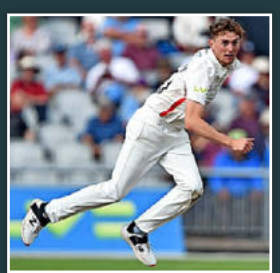
ESSEX BALD OUT IN A 'BIZARRE' MATCH

BY DARREN WITCOOP  
LANCASHIRE beat Essex in dramatic fashion at Chelmsford - in a County Championship match that spanned just a little over FOUR sessions.  
Red Rose paceman George

Balderson (right) claimed a hat-trick as the visitors won by 38 runs inside two days.  
Balderson (5-14) and Will Williams (4-24) were deadly as Essex were skittled out for 59 in pursuit of a modest 98 to win.

With the four innings producing just 370 runs amid the carnage in the Division One clash, Essex face the prospect of an ECB pitch inspection.  
Lancashire hero Balderson said: "It was bizarre game of

cricket. We knew with the pitch we were always in the game."  
SURREY took a step closer to winning their second County Championship title in five years after forcing Yorkshire to follow-on at the Oval.



BASEBALL

GB's first glory bid

GREAT BRITAIN qualified for the World Baseball Classic for the first time with an extra-inning 10-9 victory over Spain

The WBC - first staged in 2006 - features the best international teams in a World Cup of baseball.

Its fifth edition will be hosted by the USA, Japan and Taiwan in March 2023.

With the score tied at 9-9, Alex Crosby's sacrifice fly deep to left field allowed Matt Koperniak to score from third base for a walk-off win.

Great Britain had previously beaten France and hosts Germany in the 12-team qualifying event in Regensburg.

Most of the GB squad are prospects who play in lower levels of minor league baseball or in independent leagues in the USA.

London-born Koperniak plays at Double-A level in the St Louis Cardinals organisation - two rungs below Major League Baseball. But MLB's Houston Astros pitcher Blake Taylor and Miami Marlins' Jazz Chisholm Jr could play for GB in 2023.

RESULTS & FIXTURES

**UEFA Nations League B**  
**- Group 1**  
SCOTLAND (0) ..... 3 UKRAINE (0)..... 0  
McGinn 70  
Dykes 80, 87

**CRICKET**  
**LV COUNTY CHAMPIONSHIP**  
**FIRST DIVISION — Essex v Lancashire** (Chelmsford): Lancashire 131 (39.5 overs) and 73 (23.4 overs). Essex 107 (39.1 overs) and 59 (22.2 overs). Lancashire (19pts) beat Essex (3pts) by 38 runs.  
**Gloucestershire v Warwickshire** (Bristol): Warwickshire 274 (104.2 overs). and 58-5 (14.0 overs) Gloucestershire 255 (74.3 overs; J M R Taylor 71).

**Hampshire v Kent** (Ages Bowl): Kent 165 (65.4 overs; B G Compton 63) and 269 (71.5 overs). Hampshire 57 (16.5 overs) and 105-4 (35.0 overs).  
**Somerset v Northamptonshire** (Taunton): Somerset 389 (137.3 overs). Northamptonshire 184-6 (52.0 overs; W A Young 85).

**Surrey v Yorkshire** (Kia Oval): Surrey 333 (80.5 overs). Yorkshire 179 (58.4 overs) and 89-2 (25.0 overs).  
**SECOND DIVISION — Durham v Sussex** (Riverside): Sussex 162 (59.4 overs). and 6-3 (3.3 overs) Durham 459-7dec. (103.0 overs).  
**Glamorgan v Derbyshire** (Sophia Gardens): Glamorgan 550-5dec. (135.2 overs). Derbyshire 135-5 (54.0 overs).

**Leicestershire v Middlesex** (Grace Road): Middlesex 297 (98.0 overs). Leicestershire 273-9 (92.0 overs).

**Worcestershire v Nottinghamshire** (New Road): Worcestershire 390 (118.3 overs). Nottinghamshire 128 (34.2 overs) and 129-6 (36.0 overs).

TODAY'S DIARY

(7.45pm unless stated)  
**UEFA Nations Lge A - Grp 1:** Croatia v Denmark (Live on Premier Sports), France v Austria, **Grp 4:** Belgium v Wales, Poland v Netherlands. **Lge C - Grp 1:** Lithuania v Faroe Islands, Turkey v Luxembourg. **Grp 3:** Kazakhstan v Belarus (3pm), Slovakia v Azerbaijan. **Lge D - Grp 1:** Latvia v Moldova (5pm), Liechtenstein v Andorra.

**CRICKET**  
**County Cricket - Div One/Two**  
— Day 3 of 4 (All 10:30 start):  
**2nd T20 International:** Pakistan v England (Karachi, 3.30pm).

NORTHERN IRELAND v KOSOVO NATIONS LEAGUE GROUP C2, SAT, KO 5PM

# CHARLES' WINDSOR GOAL

BY DAVID ANDERSON  
DION CHARLES claims he will repay Ian Baraclough with goals if he gives him his chance at Windsor Park with Northern Ireland.  
Charles' 11 international appearances have all been from the bench and the Bolton hitman is itching to make his first start in Saturday's Nations League game against Kosovo.  
He has scored four times for Bolton this season and told Irish boss Baraclough he can help solve their

goalscoring problems. "I've had a conversation with Ian to let him know I feel I'm ready when called upon," said the striker (right).  
"My main aim is to hopefully get that first start and get that first goal. I've been close a few times when I've come on."  
"Every striker is paid

GROUP C2									
	Pld	W	D	L	F	A	Pts		
Greece	4	4	0	0	7	0	12		
Kosovo	4	2	0	2	5	5	6		
N IRELAND	4	0	2	2	4	6	2		
Cyprus	4	0	2	2	2	7	2		

their money to put the ball in the back of the net. For me, that's something I love. If I get my opportunity, I'm sure I'll repay the manager."  
Some fans want Baraclough out as top seeds Northern Ireland have only two points from their first four Nations League games.  
Charles added: "If the performances aren't there on the pitch, the fans have every right to moan. But I'd like to see them behind us to give us that extra edge."



# BELGIUM v WALES

## Page is so torn over Cup squad



BY JAMES NURSEY  
ROB PAGE admits he is "already dreading" naming Wales' historic World Cup squad.  
Page has earned the backing of Wales' stars since stepping up to take the helm in November 2020.  
But he knows he faces his toughest decisions yet this winter when he has to name his final 26-man squad for Qatar in Wales' first finals in 64 years.

Last week Page selected a 28-man squad for this week's games with Belgium tonight and Poland on Sunday in the Nations League. He later also added Birmingham midfielder Jordan James after Joe Allen was ruled out.  
Page said: "I am already dreading the 26-man squad for the World Cup because we have so many great players involved. We have 30-32 players so that is the hard part of the job. It is difficult keeping them all happy."  
"You just have to be honest with players. If they are not playing it is because there is somebody who is playing better."  
Page (above) last week signed a four-year deal to manage Wales until 2026 after Ryan Giggs formally resigned amid his legal battle.  
But he insisted: "I won't change who I am. I will just continue."  
Wales will fine-tune their World Cup preparations this week ahead of facing USA, Iran and England in Group B.  
Page added: "It is about nailing down how we play and using these two games."

## 'Facing De Dragons is so boring'



KEVIN DE BRUYNE said that he finds it "boring" playing Wales so regularly.  
The Belgium skipper, 31, is set to win his 92nd cap against the Dragons tonight - after making his debut in 2010.  
Of his near century of caps, eight have been against Wales - scoring three times - as the nations have been frequently drawn alongside each other in qualifying.  
The Manchester City midfielder (above) admits it is a struggle to get the juices flowing for yet another clash with Wales. And he is not sure how much of a difference it will even make to Belgium's preparations for the World Cup this winter as boss Roberto Martinez has such a settled side.  
De Bruyne said: "I think half of my international career has been against Wales. I don't know why."  
"It is a little bit boring. It is always the same teams. But we'll just try to finish the two games as best as possible and get ready for the World Cup. We have been playing with the same team for years and years so I don't think it makes that much of a difference anymore."  
After the visit of the Welsh tonight, Belgium travel to Holland to determine who wins Nations League Group A4.

### PROBABLE TEAMS

BELGIUM	WALES
Courtois	Hennessey
Boyata	Rodon
Vertonghen	Mephram
Alderweireld	Cabango
Castagne	Roberts
Tielemans	Ampadu
Witsel	Morrell
Carrasco	N Williams
De Bruyne	Bale
Batshuayi	Moore
E Hazard	James

TV TIMES: Live on S4C, Premier Sports

### GROUP A4

	Pld	W	D	L	F	A	Pts
Holland	4	3	1	0	11	6	10
Belgium	4	2	1	1	9	6	7
Poland	4	1	1	2	5	10	4
WALES	4	0	1	3	5	8	1



RINGS A BEL Bale and his teammates in

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NATIONS LEAGUE, GROUP A4  
KICK-OFF 7.45PM



training for their Nations League clash with Martinez's men



training for their Nations League clash with Martinez's men

# CALIFORNIA BEAMING

Bale has returned from La La Land happy, refreshed and admitting: I've been getting good vibrations in US... so I'm feeling confident coming back to Wales squad

BY JAMES NURSEY  
@JamesNursey

**GARETH BALE breezed into the Wales camp beaming a huge Californian smile after being reinvigorated by his move to the USA.**

Feeling unwanted and unloved at Real Madrid, Bale was frozen out in Spain where he ran down his massive contract in the summer.

Despite tremendous criticism – including being branded a “parasite” – he still inspired Wales as their record scorer and captain.

A spectacular free-kick against Austria to help Rob Page's men to the World Cup via the play-offs were among his package of highlights.

But now Bale is so clearly enjoying his football and life again at new club Los Angeles FC, both he and manager Page are excited about what he can produce this winter in Qatar.

Bale, 33, made his 11th appearance of the season in LAFC's 3-1 win over Houston on Monday night which keeps his club top of the Western

Conference. He then jetted into Heathrow the following day and is preparing for his 107th cap tonight in Brussels against Belgium.

If Bale is suffering from any jet lag, you would never have known it yesterday from his upbeat demeanour, body language and remarks.

“Definitely, I am very happy,” said Bale, who got a positive welcome from rival supporters in Dallas this month (below).

“It feels nice, the fans have been really supportive over there. They've been really patient as well, which is good.

“I'm enjoying playing in America, the atmosphere is incredible, they're all supporting the team. I can't ask for any more than that.

“They've made me feel at home straight away. So it's good vibes from the MLS. Hopefully that gives me more confidence going into Wales as well.

“There was a reason I wanted to go to LAFC, they are a club that is really on the rise and going places.

“It was a project I wanted to be a part of. This is a new challenge with a new club and new team, and it gives you that freshness again about football. It's one I am enjoying and one hopefully I continue to enjoy.”

Only two of Bale's appearances have been starts and he has yet to complete 90 minutes for LAFC.

But he is still playing a lot more than he did in Spain last

season and has scored twice as he builds up his fitness.

Bale said: “The last few years I had to come into Wales' camp to try and find something and dig deep and find my fitness.

“It's more ideal for all of us to play as much as we can so we can perform better for Wales.

“You can be as fit as you want training and doing your running, but playing your games makes you feel sharper and better on the pitch.

“I am feeling good and feeling sharp, and need to maintain that level and keep doing what I am doing. I'm getting stronger and fitter.

“Now we have an important stretch of games in the MLS, but after that I can turn my attention to the World Cup and hopefully be in the best shape I possibly can.

“The plan is just to be 100 percent fit to help LAFC first and foremost and then ultimately that will lead into me being 100 percent for the World Cup.

“I'm sure when it comes round everyone will be buzzing to go.”

Bale's condition has been well received by Page, who last week signed a four-year contract ahead of Wales' first World Cup appearance in 64 years.

He said: “Gareth was bright and you wouldn't have thought he'd just got off a flight from the States. I'm not surprised by his professionalism... but I was surprised with how fresh he looked.”



## DYKES IS THE HEAD BOY IN SCOTS ROMP

Scotland 3 Ukraine 0 Group B1

BY GIDEON BROOKS

SUBSTITUTE Lyndon Dykes struck at the double with two headed goals sealing the points for Scotland.

Dykes' goals came after John McGinn made amends for his costly World Cup miss by helping Scotland grab control of their Nations League destiny.

The Scotland captain's wayward header against Ukraine in their semi-final play-off defeat broke Scottish hearts in June.

But his second-half strike here set Steve Clarke's on their way to victory to put Scotland top of Group E with two matches to go. Second half sub Dykes (top) produced a superb late cameo, adding two headed goals.

McGinn (below), who was frustrated when missing an open goal with a header against the same opponents, has now scored 14 goals under Clarke.

And it was the Aston Villa midfielder, along with Scott McTominay, who beat out the rhythm that others followed in a convincing performance.

If Scotland can top this Nations League group after the final two games against Republic of Ireland and against this opposition again in Krakow, a play-off place for Euro 2024 will already be theirs.

Scotland need to beat Ireland and then not lose against Ukraine to ensure a play-off place.

Since Ukraine's victory here to reach the play off final against Wales, Scotland's progress had “stalled” according to Clarke with two wins over Armenia either side of a crushing defeat to Ireland.

Yet last night Scotland were vibrant, Che Adams could have had a couple and Southampton team-mate Stuart Armstrong a hat-trick.

Scotland were dealt a blow when Everton defender Nathan Patterson was forced off with what looked like a knee ligament injury on 26 minutes.

And Ukraine were fortunate to stay at full strength just before half time when Valeriy Bondar felled Adams with a cynical shoulder charge when the striker was running through on goal. But if Scotland were the better side in the first half they dominated the second McGinn staying strong to spin Bondar and fire home on 70 minutes. Then Dykes added a second and third, headed goals from Ryan Fraser.

### GROUP B1

	Pld	W	D	L	F	A	Pts
SCOTLAND	4	3	0	1	9	4	9
Ukraine	4	2	1	1	5	4	7
Rep of Ireland	4	1	1	2	4	3	4
Armenia	4	1	0	3	2	9	3

## Rudiger: Slip-ups a stir up



FROM BACK PAGE

win over Newcastle last season as an example. "I'll be honest, I deliberately made a few mistakes because it was just too quiet in the stadium for me during this game," he told Germany's Sport1.

"I wanted to wake people up with it. At the end of the day, football is also entertainment. Fans come to the stadium to be entertained.

"You won't see me dribble five, six, seven or eight players like Vinicius. I do this in a different way. I stand out because I'm a guy."

Rudiger played a big role in the successes of recently sacked Chelsea manager Thomas Tuchel (above), having been previously frozen out of the team by Frank Lampard.

New owner Todd Boehly has since replaced Tuchel with Graham Potter.

Asked about his thoughts on Tuchel's sacking, Rudiger said: "First they let him get new players, only to then let him go after a few games.

"I was surprised at the speed. The day of his release was a sad one for me. I wrote to him afterwards and thanked him again for everything. He was there for everyone, not just me.

"If you look at where we came from and where he took us, he did the impossible. But you know how it is in football. Sometimes you're the hero, sometimes the bogeyman."

## Charlie's hanging up boots



CHARLIE ADAM, who hit the heights both sides of the border, has announced his retirement as a player - and plans to go into coaching

The 36-year-old former Liverpool and Scotland midfielder (above) left his hometown club Dundee in May.

Adam, who began his career with Rangers, also played for Ross County, St Mirren, Blackpool, Liverpool, Stoke and Reading before enjoying an emotional swansong at Dens Park.

He said: "I feel now is the right time to announce my retirement as a player. I have been lucky enough to play for some of the biggest clubs in the world.

"From Champions League nights at Ibrox for Rangers, winning promotion into the Premier League as Blackpool captain, pulling on the famous Liverpool shirt and scoring in front of the Kop, eight incredible seasons at Stoke, to guiding my boyhood club to promotion and playing 26 times for Scotland - it's not been a bad ride.

"Hopefully I've given all the supporters at my clubs some memorable moments along the way.

"I couldn't have done any of it with the support of my family and friends.

"For now it's time for me to move into coaching, something I feel incredibly passionate about and have been enjoying for the last few months."

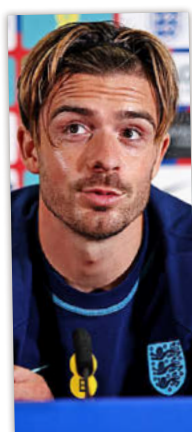
# ITALY v ENGLAND



# LAI BACK JACK



**GREALISH on his Manchester City form:**  
I knew it wasn't going to be all laughs... you have to start like Haaland... that's the only way you're not getting caned



BY **ANDY DUNN**  
Chief Sports Writer  
@andydunnmirror

**CONSIDERING there are a lot of pundits forming an orderly queue to give Jack Grealish a bit of a kicking, the Manchester City man takes it all in pretty good spirit.**

"When I signed for Man City and the price that came with it, I knew it wasn't going to be all laughs... unless I started the way Erling Haaland has," smiled Grealish (left). "That was the only way I wouldn't get caned."

Grealish also finds it amusing when people say he is not having the same impact as he had at Aston Villa, pointing out that competition for attacking places is a little stiffer at the Etihad.

"We've got a full-back, Joao Cancelo, who is one of the best wingers in the world," said Grealish, wryly. "Then there's Kevin De Bruyne, Phil Foden..."

On a roll, Grealish, 27, points out that he has had some injury issues, not least at the start of this season, and that suggestions his summer partying was

excessive are very wide of the mark. "I was just doing what a lot of other footballers were doing, but, just sometimes, I get more attention when I'm on holiday in Ibiza (right) or Vegas," he said.

"I was putting up photos of me working but I don't know if a lot of people spoke about that. I tried to come back as fit as possible and I felt like I did.

"I've seen the manager say that a few times about me."

All in all, a rigorous defence of himself but, deep down, Grealish

(above with Haaland) KNOWS - despite one Premier League medal already in his pocket - that, after the record-breaking move, he has not had the sort of impact he would have hoped for.

"Listen, if I am not playing well, I know within myself," he explained. "I always watch my games back and I am very critical of myself.

"I know there were games, especially in the second half of last season where I wasn't at my best at all. Unfortunately for me, I came back fit for a strong

## SOUNESS: I'D HAVE LOVED TO MESS HIM AROUND

GRAEME SOUNESS once claimed he would love to have played against Jack Grealish so he could have "messed him around".

Back in Grealish's Aston Villa days, Souness said: "As a former midfielder myself I would have loved to have played against him. I wanted to play against people like him - he would allow

me to mess him around." And the Liverpool legend (right) is no more impressed now the England star is at Manchester City.

He said: "He's not a great player. He's a good player who got a big move and is yet to do it at City.

"At Villa, he was the most fouled player in the Premier

League. You're having too many touches if you're the most fouled player. And the reason is you're not seeing the picture quick enough.

"I understand why people think he's better than he actually is because he runs with the ball, he gets you on the edge of your seat - but he doesn't deliver enough. I

see the same Jack Grealish at City today as I saw at Villa a couple of years ago.

"He's not a quick learner. All the top players are quick learners, but Jack has not improved in the year he's had at City."





**NATIONS LEAGUE A, GROUP 3**  
FRIDAY, KICK-OFF 7.45PM

**CHILLING WITH CHILWELL**

Grealish (left) shares a joke with England team-mate Chilwell as they warm-up for Italy

**JACK STATS FOR ENGLAND**

	Competitive	Friendlies
Games played	17	6
Games started	7	5
Minutes played	802	388
Goals	1	0
Assists	3	3
Chances created	21	10
Passes	470	212
Dribbles attempted	42	10

# **GREALISH on his summer holiday snaps:** I was doing what lots of other footballers were doing... I must get more attention when I am in Ibiza or Vegas than others

pre-season but then got injured in the second game.

"I know what I'm like and how professional I actually am and hopefully I can just get my performances back to where I was when I'm playing at my best."

"I know how good I actually am when I'm at my best so hopefully I can get that back."

There was certainly an encouraging sign at Molineux last weekend when Grealish scored his

first goal of the season. But when it comes to City, there is only one player everyone is talking about - that man,



Haaland. "Everywhere I go now - whether it be family, friends, people in the street - they always say 'What's he like?'...and I can't speak highly enough of him," said Grealish.

"He is an unbelievable player and a brilliant person, so humble for what he has achieved already."

"I actually think I could get something off him."

"His mindset for scoring goals is unbelievable. If I could take anything off him, it would be that."

keep the ball as much as I can and have the balls to take it everywhere, then that is what I will try to do."

Grealish is hoping Gareth Southgate holds him in higher esteem than Souness does as the Brummie tries to confirm a place in the Qatar 2022 squad.

"I'd love to play every minute

of every game for England," said Grealish, prior to the Nations League games against Italy and Germany. "But that will never happen. I just try and perform when I'm given the chance."

"Whether it's from the start or as an impact sub, hopefully I can perform well and be on the plane to the World Cup."



# **FA vows to be Bull-ish over human rights**

BY **JOHN CROSS**  
FA chief executive Mark Bullingham says English football will make a strong stand over human rights at the World Cup.

The FA and England players (training, above) have been criticised for not speaking out sooner and showing more support for migrant workers and LGBTQ+ rights in Qatar.

England captain Harry Kane (below) will wear a OneLove armband - which carries a heart containing colours representative of all backgrounds - for all forthcoming fixtures.

The FA have joined Holland, Belgium, Denmark, France, Germany, Norway,

Sweden, Switzerland and Wales in a campaign against discrimination.

And English FA bosses will lobby FIFA for more legislation for migrant workers. But while campaign groups Amnesty and Stonewall have welcomed elements of the FA's stance, both want more done.

Stonewall insists it is "not safe" for everyone in Qatar and urged sport to do more "to call out the criminalisation and persecution of LGBTQ+ people in Qatar".

When asked about criticism of the FA, Bullingham said: "I'm not sure that's fair."

"We have spent the last few years listening to the NGOs, unions and migrant workers and meeting with them and understanding what's important to them."

"In each of the issues that are important to them we believe we have taken action."

Bullingham admitted members of the LGBTQ+ community will not travel to the World Cup and said: "We understand that concern. We've had meetings with them."

"The message we've had really clearly from Qatar is that everyone is welcome."



# **TRENT: REDS ARE DRAWN TO REBOOT**

BY **MARK JONES**

TRENT ALEXANDER-ARNOLD says Liverpool have already gone back to the drawing board as they tackle a season like no other.

The Reds have made a slow start and have half the points of Premier League leaders Arsenal, albeit having played a game fewer.

Alarm bells have been ringing after below-par displays in a 2-1 defeat to Manchester United and a 4-1 thrashing at Napoli.

But Alexander-Arnold (top and below), who has been on the end of some harsh criticism for his own performances, believes a turnaround in fortunes will come on both a collective and personal level.

"It was back to the drawing board after Napoli, and making sure we need to start getting our stuff in order," said the Liverpool right-back. "I think I'm getting there, personally."

"It's hard because it's been different to how other seasons start."

"Normally you'll have three or four games in August, at the weekends, then it will be internationals, then the Champions League, then another international."

"I always see the first part of the season as like three little blocks of four weeks with the internationals breaking them up, and each time you'll play a little bit more football. Whereas now it's like from the get go you're in at the deep end."

Defeat at Old Trafford - Liverpool's first in the league this calendar year - made many sit up and take notice of the poor form, and Jurgen Klopp had plenty to say after the loss.

"The manager speaks directly after the game," added Alexander-Arnold.

"Then we have a meeting the following day for five minutes or so, and the manager will speak again about the game when he's had a bit more time to process it, and it's not just acting on emotion."

"That game was probably the big, bad game we had early on in the season, which was rough."

Klopp's words did not seem to do the trick though, and after the limp defeat in Naples, the German stated he might need to "reinvent" his team in order to address their slump.

"I'd say the result felt right because it's what we deserved, but in terms of how we played we didn't feel right on the pitch," Alexander-Arnold admitted in a Red Bull interview. "We really needed to look at ourselves after that."

"It was a humbling one."

■ To watch the full interview visit [www.redbull.co.uk/trent](http://www.redbull.co.uk/trent)



# **'WHAT IS KOP LEGEND'S PROBLEM?'**

FROM BACK PAGE

too many touches, does not see the big picture and has not improved from two years ago.

Grealish said: "I know before that he (Souness) used to say a lot of stuff about me not moving the ball quicker, but when I'm playing for a manager like Pep Guardiola and he's telling me to

## ITALY v ENGLAND



## NO HEND

At 32 the Liverpool skipper is looking ahead and still dreaming of glory with Three Lions

BY **JOHN CROSS**  
Chief Football Writer  
@johncrossmirror



**EVEN at 32, there is no sign of Jordan Henderson winding down.**

In fact, the Liverpool captain is already talking about playing on for another five years and took issue with a question about whether the World Cup could be his last chance of a trophy with England.

Midfielder Henderson said: "I hope not! I still feel good. I wouldn't look too far ahead, I don't think there is any need to, but it is another huge opportunity.

"I look at some players still playing internationals at 36 and 37.

"So it just depends on how you feel physically and I feel very good.

"I think last season I played more games than anyone else in Europe. So physically it's not an issue and I'm still excited being here with England.

"If that wasn't the case then obviously I would maybe think about that, but I'm always excited about being called up.

"I want to be here and I want to show I can help the team become successful. Until that changes there's no reason to even think about it."

Henderson played 62 games for club and country last season and was desperate to report for England even when he was struggling with a hamstring issue before the

international break. His call-up to the squad was arranged last week – and he would have hoped to have played for Liverpool until their Chelsea game was postponed – but the announcement was delayed until after the Queen's funeral.

That is typical of Henderson, being patriotic, determined to play for England and also keeping himself in the best possible shape.

He is teetotal during the season, says the vast majority of Liverpool players do not drink and reckons that is the same for most footballers.

He looks leaner and in better shape than ever – his chiselled face now hidden behind a healthy beard – and knows he also faces a major test to get into this England team for the finals in Qatar. Henderson said: "I

don't know if I'm fitter than I was when I was 20 because I was pretty fit then!

"But I feel like I'm in such a good spot. It's a big part of how I play the game and it's a reflection of how seriously I take the game off the pitch as well.

"I've never done that – had a drink during the season – since I was a kid and I've always eaten the right things.

"It was always in me as a kid. I never wanted to go out drinking. It was always football, football, football.

"If we go back to when I was starting my career, I was probably an exception.

"Whereas now when I look, I'd say the exception is TO drink."

Henderson did miss the Nations League games in June having played

in the Champions League final but, looking on from the outside, those defeats and the England fans turning on Gareth Southgate was the first real setback for this generation.

Now they face Italy tomorrow and Germany on Monday with the real possibility of finishing bottom of their group, which means harder qualifying games for the Euros.

Despite the setback, the belief in the squad remains high ahead of the World Cup and Henderson's passion for England is as strong as ever.

"As a kid my biggest dream was to play for England," he said.

"That will never change, I want to do it as long as possible and play my part.

"You can learn a lot from those periods when your form isn't great and we can learn from those games and can take that into the World Cup. It is not just to put it right, it is about preparing for the biggest competition in the world – the excitement, adrenaline, the past experiences we have had in tournaments, we want to create more memories."



**ENGLAND HEN PARTY**  
Henderson celebrates scoring in Euro quarter-finals against Ukraine



## FA SEND MINDERS TO QATAR

**FROM BACK PAGE**

more problems, to be fair, if the fans (left) weren't respectful, I think."

Henderson's father (right) and his family were caught up in the horrific scenes outside the Stade de France in June when thousands of Liverpool fans were attacked by gangs, tear-gassed by police and then blamed by UEFA.

That was a new low point in what has been a dreadful series of events as England players' families – including Henderson's wife and kids – were caught up in the violence at the Euros final at Wembley in 2021.

England defender Eric Dier also spelt out a warning to football's authorities about the growing trend of crowd trouble. Henderson added: "I think the

fans were amazing in Paris. It was the authorities and the people around the stadium that were causing issues.

"But I suppose as a fan, if you're going to the game and you don't feel comfortable and you feel threatened by whatever situation, you're not going to want to go again. And it's as simple as that really.

"My family and friends have had experiences over the last couple of years, which has really shocked them and probably put them off going to future games.

"Hopefully that changes when it gets closer to the tournament." The FA, EFL and Premier League have put together a new charter with minimum 12-month

bans and criminal charges for hooligans who cause trouble, invade pitches and set off fireworks and pyrotechnics.

FA chief executive Mark Bullingham has revealed extra security will be despatched with players' families to keep them safe at the World Cup.

Bullingham said: "We have got security who will travel with the families, and Qatar is a very safe country if you look at street crime. We do not anticipate issues there."



**GROUP A3**

	P	W	D	L	F	A	Pts
Hungary	4	2	1	1	7	3	7
Germany	4	1	3	0	8	3	6
Italy	4	1	2	1	5	7	5
<b>ENGLAND</b>	<b>4</b>	<b>0</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>6</b>	<b>2</b>

**HUNGRY FOR GLORY**

Henderson's thirst for international success has grown stronger



NATIONS LEAGUE A GROUP 3  
TOMORROW, KICK-OFF 7.45PM

# INSIGHT



## IN THE BALANCE

Saka, Dier & Shaw (above); Training fun (below, left); Rice & Chilwell (below right)



## Shaw looks a scrap with Ben

BY JOHN CROSS

LUKE SHAW and Ben Chilwell could be scrapping it out over one place for the World Cup. England boss Gareth Southgate sees right-footed Kieran Trippier as a good option at left-back. The Newcastle defender (above) has

filled in for England there in the past and his versatility almost certainly guarantees a place in the squad. That could mean Manchester United left-back Shaw and Chelsea rival Chilwell vying for one slot. Both have been troubled by injuries and face a battle to stake a claim in the two upcoming Nations League games.



## Germany stars fail Covid tests

GERMANY duo Manuel Neuer and Leon Goretzka are set to miss next week's Nations League clash with England after testing positive for Covid. The DFB, Germany's FA, has announced that veteran keeper Neuer (above) and midfielder Goretzka, both of Bayern Munich, have been isolated and will leave the team hotel. Germany host



Hungary in Leipzig tomorrow before travelling to Wembley on Monday. Hoffenheim keeper Oliver Baumann has been called up as a replacement and further cover will be announced soon. The DFB said: "All members of the coaching staff and the team are required to test negative before travelling."



## Ryan: I'm on a rollercoaster ride to the top

ITALY U-21 v ENGLAND U-21  
EURO QUALIFIER, KO 4.30PM

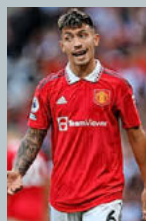
BY GIDEON BROOKS

RYAN SESSEGNON is crossing his fingers that he is finally over the injury problems which have stalled his career for both club and country. The Tottenham wing-back (above) admits the last six years have been a "rollercoaster" of early hype, setback and injury. But after a summer building up his fitness to meet the demands of Spurs boss Antonio Conte, the 22-year-old feels he is in the form of his life. He said: "Football is a rollercoaster, there are a lot of ups and downs and you can be a 10 one day and a one the next. You must stay level headed. "It's not been easy - I was doing well at Fulham and got hit by so many obstacles at Spurs. Now I'm coming through the other side. It's been hard work mentally and physically. I'm looking forward to the future."

Sessegnon will play for the England Under-21s against Italy today and is ready to be the old hand in the squad for next summer's European Championships. And he is dreaming of a senior call-up for the Three Lions after stringing together an extended run of top-class club form at Spurs. "I've been in the U21s a long time now - I'm probably one of the older guys here," he added. "But I'll try and help the younger guys, talk to them and try to set an example. And if the opportunity comes to get in the senior team, then I'll be delighted."

**ITALY U21:** Plizzari, Okoli, Scalvini, Viti, Cambiaso, Miretti, Rovella, Bove, Bellanova, Pellegrini, Cambiaggi  
**ENGLAND U21:** Bursik, Aarons, Colwill, Harwood-Bellis, Sessegnon, Ramsey, Gallagher, Elliott, Palmer, Balogun, Gordon

## Martinez factors in old fears



BY DAVID McDONNELL

LISANDRO MARTINEZ believes Manchester United have put the fear factor back into Old Trafford. United lost at home to Brighton in their opening game of the season and were drubbed 4-0 at Brentford in their second league outing. But they turned things around, with four straight wins in the league. That run included wins at home to Liverpool and Arsenal, and defender Martinez (above) is convinced rivals once again dread visiting Old Trafford. "We changed direction after Brentford, we changed the mentality, we changed the spirit," he said. "Then we did an amazing job against Liverpool and kept going. When teams come to play in our stadium, they have to feel it wasn't easy."

## FOREST TO SORT BEST FROM REST

BY JAMES NURSEY

NOTTINGHAM FOREST will stage a friendly behind closed doors tomorrow with Steve Cooper anxious to figure out his best side.

Premier League new boys Forest made 22 signings only to find themselves deep in relegation trouble.



Boss Cooper (left) has told his squad to expect changes and is considering ditching his three-man defence. He dropped captain Joe Worrall and

big-money Jesse Lingard to the bench against Fulham but still retains the support of the dressing room as he beds in their new players. But the club's owner Evangelos Marinakis has already sacked Carlos Corberan from his Greek Super League champions Olympiakos after just 11 games in charge.

## Ron more finals for Cristiano



BY COLIN MILLAR

CRISTIANO RONALDO has vowed to continue playing until at least 2024. Ronaldo, 37, has lost his starting spot at Manchester United but remains as important as ever at international level for Portugal. He became the top goalscorer in international football a year ago and has scored a total of 117 goals for his country in 189 appearances. He will captain his nation in this year's World Cup finals and wants to play in at least one more major international tournament. Ronaldo (above) said: "I hope to continue being part of the Portuguese international set-up for a few more years. My ambition is high. "I want to be in the World Cup and the next European Championships."

# Mirror Sport

THE SQUASHES

mirror.co.uk/sport

BURN-OUT FEAR AS OZ SERIES IS CRAMMED INTO CRAZY 46 DAYS... SEE PAGE 53



## RUDIGER: I MADE MISTAKES ON PURPOSE TO WAKE UP 'QUIET' CHELSEA FANS

BY CHARLIE PARKER-TURNER

FORMER Chelsea defender Antonio Rudiger claims he made mistakes to spark a reaction from "quiet" fans.

The Germany international joined Real Madrid in the summer after his contract expired at Stamford Bridge. He was key to the Blues' success over the past few years, establishing himself as one of the best central defenders in the business. But he insists he would deliberately slip up to rouse supporters if he felt they were not being vocal enough.

Rudiger (left) pointed to a 1-0

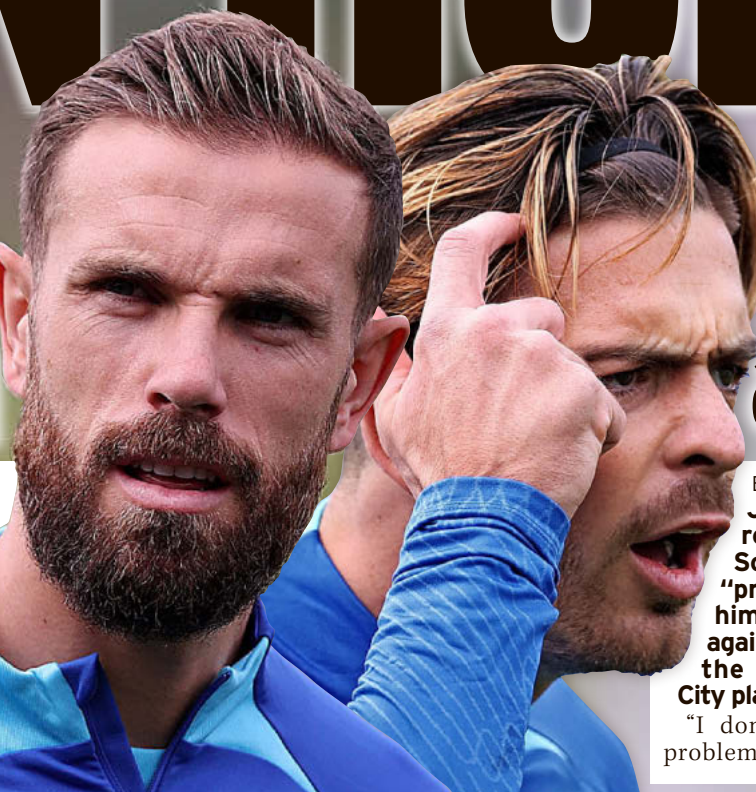
TURN TO PAGE 56

» COUNTDOWN TO ITALY v ENGLAND TOMORROW, KICK-OFF 7.45PM



# LION HURTS

Henderson: My father is 'done' with watching football after Euro Final



Jack on Kop legend: Why do Sou have a problem with me?

BY JOHN CROSS

JORDAN HENDERSON has revealed his dad is refusing to go to the World Cup

following the shocking trouble at the Champions League final.

Liverpool captain

Henderson said: "My dad Brian said after Paris that that was him done."

"I think there could have been a lot

TURN TO PAGE 58

BY ANDY DUNN

JACK GREALISH reckons Graeme

Souness has a

"problem" with

him after once

again laying into

the Manchester City player's game.

"I don't know what his problem is with me," said

Grealish (left). "He was a great player and won a lot, but he always says stuff about me. I know my own ability."

Speaking as a talkSPORT pundit, Souness (inset) said the 27-year-old was "a good footballer", but "not a great player" and claimed he takes



TURN TO PAGE 57



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Take a break and get your brain in gear

PUZZLES

£75 to be won!

Quizword & Crossword

Two sets of clues, two different answers – all on the same grid. Choose one or the other.

Quizword

- ACROSS
- 1

Vegetable protein developed from fungus used in cooking as a meat substitute (5)
- 7

Felix –, prime minister of France from 1957-58 (8)
- 8

City in Ohio, US, known in the early 20th century as the rubber capital of the world (5)
- 10

US author of 1899 novel The Awakening (4,6)
- 12

2013 action film starring Tom Cruise and Morgan Freeman (8)
- 14

Mountain range in south central Europe (4)
- 16 and 23

Actress who played Frigga in 2011 action film Thor (4,5)
- 17

Lens that is convex on one side and concave on the other (8)
- 20

2008 action film starring Leonardo DiCaprio and Russell Crowe (4,2,4)
- 23

See 16 Across
- 24

Lake –, body of water on the Peru-Bolivia border (8)
- 25

Vincent –, French composer of the opera Fervaal, which premiered in 1897 (5)
- DOWN
- 1

See 22 Down
- 2

Large Eurasian bird of the crow family (4)
- 3

Tony –, World Middleweight boxing champion from June-September 1948 (4)
- 4

See 15 Down
- 5

Carboniferous pigment obtained from soot used in making printer's ink (9)
- 6

Handsome youth in Greek mythology loved by Aphrodite and killed by a wild boar (6)
- 9

City in NE Estonia near to the Russian border (5)
- 11

1987 romcom starring Kim Basinger and Bruce Willis (5,4)
- 13

Monetary unit worth one hundredth of a Swedish krona (3)
- 15 and 4

North Sea oil rig that exploded and was destroyed in 1988 (5,5)
- 16

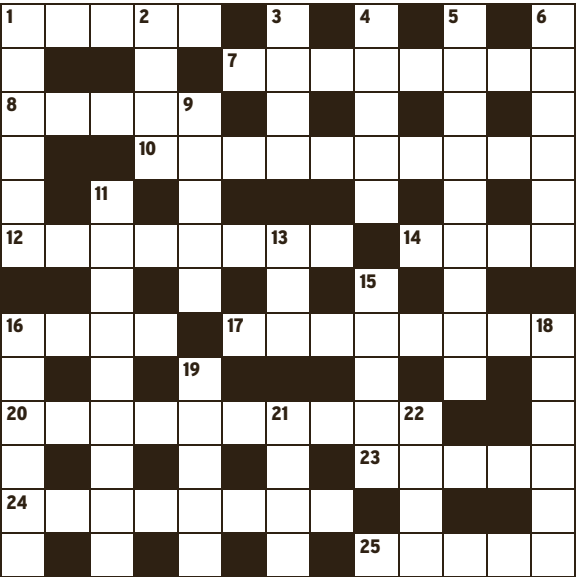
2005 animated film featuring the voice talent of Mel Brooks and Jim Broadbent (6)
- 18

Beagle in the strip cartoon Peanuts (6)
- 19

1900 opera by Giacomo Puccini (5)
- 21

1982 novel by Shirley Conran (4)
- 22 and 1 Down

Singer-actress who played Leather Tuscadero in US television sitcom Happy Days (4,6)



Crossword

- ACROSS
- 1

Noblemen (5)
- 7

Railway coach (8)
- 8

Putrefy (2,3)
- 10

Small decorative gifts (5,5)
- 12

False teeth (8)
- 14

Caprice (4)
- 16

Defeat (4)
- 17

Person held captive (8)
- 20

Get very angry (3,3,4)
- 23

Waterway (5)
- 24

Having great worth (8)
- 25

Colloquial language (5)
- DOWN
- 1

Recorded (6)
- 2

Unable to hear (4)
- 3

Bathroom powder (4)
- 4

Residue or remains (5)
- 5

Keyed wind instrument (9)
- 6

Cargo thrown overboard (6)
- 9

Fact (5)
- 11

Childish immature (9)
- 13

Hearing organ (3)
- 15

With reference to (2,3)
- 16

Conduct oneself properly (6)
- 18

Provocation (3,3)
- 19

Inexpensive (5)
- 21

Actor's part (4)
- 22

Make full (4)

Solutions in tomorrow's Daily Mirror

Solutions in tomorrow's Daily Mirror

Two-speed coffeebreak

Two sets of clues – but the answers are the same.

Cryptic clues

- ACROSS
- 1

He takes the fall when a space got ruined (9)
- 8

Developed torso or other bits (5)
- 10

Conscious of a battle to the east (5)
- 12

Prosecute a woman (3)
- 13

For each experience has it (3)
- 14

Mope about an ode (4)
- 15

Be awfully neat when thrashed (6)
- 16

Explosion is fun (5)
- 18

Lets on about being hot (6)
- 20

He will be in a terrible place (4)
- 22

Member of whole group (3)
- 23

Victory over old worry (3)
- 24

Tradition about one river (5)
- 25

Arise awkwardly at a sign (5)
- 26

Socialist cleaner may flag (3,6)

- DOWN
- 2

About to be defeated and shut (5)
- 3

Ask for exercise to get so strange (4)
- 4

Pagers used by wine producers (6)
- 5

Isolated a section (5)
- 6

Plans poplars so badly (9)
- 7

Writer finds new lens is broke (9)
- 9

Glass acrobat (7)
- 11

Possibly hear wet conditions (7)
- 15

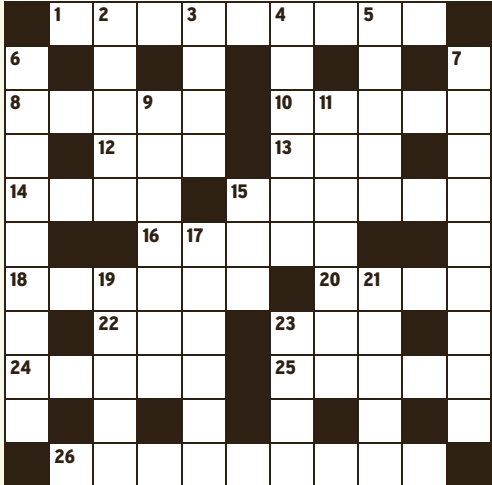
Block British article (3)
- 17

Story of the foot? (6)
- 19

Fruit that's round, as it happens (5)
- 21

Former spouse to lie about banishment (5)
- 23

Vast form of barrels (4)



Quick clues

- ACROSS
- 1

Person blamed (9)
- 8

Origins (5)
- 10

Alert (5)
- 12

Take to court (3)
- 13

For every (3)
- 14

Verse (4)
- 15

Defeated (6)
- 16

Eruption (5)
- 18

Taken unlawfully (6)
- 20

Hades (4)
- 22

Limb (3)
- 23

Annoy (3)
- 24

French river (5)
- 25

Zodiac sign (5)
- 26

Merchant Navy ensign? (3,6)
- DOWN
- 2

Not far (5)
- 3

Stance (4)
- 4

Fruit (6)
- 5

Separate (5)
- 6

Suggestions (9)
- 7

Destitute (9)
- 9

Beaker (7)
- 11

Prevailing conditions (7)
- 15

Prohibition (3)
- 17

Myth (6)
- 19

Dull shade of green (5)
- 21

Banish (5)
- 23

Kegs (4)

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW!  
TWO-SPEED COFFEEBREAK 0903 659 6060 (80p/min)

TERMS & CONDITIONS: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. SP Mi Telecom Ltd. Helpdesk 0330 880 6060. Min age 18+. All lines close midnight tonight except where stated. Std Trinity Mirror Rules apply, see www.mirror.co.uk/rules.

The name game

Hidden in the grid is the name of a singer. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name.

1

2

3

4

5

6

7

8

9

10

Solutions in tomorrow's Daily Mirror

- BOX1: Monogatari is a type of prose narrative in the literature of which country?  
Italy (O)  
Thailand (X)  
Japan (A)
- BOX2: Energy is the title of a 2020 album from which electronic music duo?  
Disclosure (U)  
The Chemical Brothers (D)  
Galantis (H)
- BOX3: Which of these is the name of one of Santa's reindeer?  
Eros (X)  
Cupid (Y)  
Matchmaker (P)

- BOX4: Tirana is the capital city of which country?  
Albania (S)  
Romania (B)  
Ukraine (O)
- BOX5: Which actor links the films The Bourne Supremacy and Running with Scissors?  
Joseph Fiennes (W)  
Karl Urban (Z)  
Brian Cox (O)
- BOX6: The Brownlow Medal is considered to be the highest individual honour in which sport?  
Australian rules football (B)  
American football (E)  
Lacrosse (W)

- BOX7: What nationality was the poet and critic Ezra Pound?  
Irish (U)  
American (N)  
Russian (W)
- BOX8: Where did the Arte Povera movement take place in the 20th century?  
Portugal (K)  
Greece (U)  
Italy (E)
- BOX9: What is the minimum number of games played in a set of tennis?  
5 (J)  
6 (L)  
7 (W)

- BOX10: Jenna Coleman (pictured) starred as Marie-Andr  e Leclerc, girlfriend to real-life serial killer Charles Sobhraj, in which true crime series?  
The Serpent (S)  
The Tiger (K)  
The Shark (T)



30-sec brain teaser

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's Challenge. Genius players have 30 seconds to complete their own plus the Intermediate. Good luck!

Solutions in tomorrow's Daily Mirror

BEGINNER	33	2/3 of this	+27	Take the square root	+55	50% of this	-16	÷5	+58	ANSWER
INTERMEDIATE	171	+87	5/6 of this	-43	75% of this	+183	÷12	-15	Square it	ANSWER
ADVANCED	356	Increase by 50%	-191	Take the cube root	+46	×6	-54	7/12 of this	+169	ANSWER

Mirrorgram

Solve our ten-letter anagram

A T H E I S T S I N

Solutions in tomorrow's Daily Mirror

# PUZZLES



## Speedbreaker

**Target time: 21:34 mins**

Test your codecracking skills against us! We took 21 minutes and 34 seconds to complete this puzzle – can you do better? We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The completed grid will include all letters of the alphabet. If you find it hard to get going, call the Extra Letter line where you will also find a little bit of extra help. Remember, none of the answers are proper nouns.

**Solutions in Saturday's Daily Mirror**

ABCD ~~E~~ ~~F~~ ~~G~~ HIJ KLMNOPQRS ~~T~~ UVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
			E									G
14	15	16	17	18	19	20	21	22	23	24	25	26
	T											

**£75 to be won!**

Which letter is represented by the number '1' in today's Speedbreaker? Call **0903 681 3000** (£2/call) or text **SPEED** and your answer, name and postcode to **61011** (£2/text)

Last Thursday's winner: Gill Mobbs, Bidford on Avon

**SOLUTIONS**

Call **0903 659 6060** (80p/min) for 5 extra letters or the full solution, or text **SPEEDCLUE** to **61011** (£1/text) for 5 extra letters. Deduct one minute from the target time for each extra letter used.

Calls to solutions line cost 80p/min + network access charge and texts cost £1 + 1 standard network rate message. Calls to the Speedbreaker competition line cost £2/call + network access charge and texts cost £2 + 1 standard network rate message. You may receive free promotional messages, to opt out end message with NO INFO. Competition lines close midnight tonight. Min age 18+. SP: MI Telecom Ltd. Helpdesk 0330 880 6060. Full T&C's at [www.mirror.co.uk/rules](http://www.mirror.co.uk/rules).

20	7	7	18	9	26	22	12		1	21	23	23
18			22		24		7		18			7
7			9		7		9	8	21	3	6	2
9	21	26	24	18	3	17	4		6			1
9		18			6		6		4			3
	25	7	10	18	9		9	10	4	6	14	4
22		21							22			9
1	21	5	13	4	15		13	21	4	9	15	
			G	E	T							
9		11			6		22		4			26
7			20		21	12	10	22	6	5	18	11
18	4	9	3	7	16		17		7			26
14			18		17		4		18			18
4	19	22	2		9	3	5	4	18	3	16	4

## Just a bit of fun

Which one of our three definitions is correct?

## VALANCE

- 1 Medieval sword
- 2 Groove or furrow
- 3 Hanging border of drapery

**Solutions in tomorrow's Daily Mirror**

Scribble pad



## Move a little, feel better!

How just a bit of activity each day can boost your wellbeing

**Q** What are the benefits of moving more?  
There are so many. Being active can help manage over 20 long-term health conditions such as depression and type 2 diabetes, and it reduces the risk of developing others by up to 40 per cent.\*

**Q** How much activity should I be doing each week?  
Any activity is better than none – just find what feels right for you. Start slowly and gradually build up the length and intensity. A brisk walk for 10 minutes a day is a great thing to aim for.

**Q** I haven't done any exercise since lockdown. How can I get started?  
You're not alone – a third of people\*\* stopped doing physical activity at some point due to the pandemic. Doing something you enjoy means you're more likely to keep doing it, so try a few activities until you find the right thing for you, such as gardening or walking.

**Q** I'm too tired to get hot and bothered with exercise. Is there anything I can do?  
Each day, listen to your body and do what feels OK for you. On your good days, do a little more where you feel you can. Gentle movement such as walking on the spot or around the garden can help.

Every move enables more.  
Find out how a little activity can help manage your health condition here:  
**WeAreUndefeatable.co.uk**

**WE ARE UNDEFEATABLE**

## Arrow Word

Arrow Words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

**Solutions in tomorrow's Daily Mirror**

Molten rock		Indian dress		Got away		Desire		Tall grass		Borrowing charge		
Port in N France												
						Anew						
McCall, pictured		Reeves, pictured		Container				The Test cricket series		Of the moon		
				Of birth								
						Furniture piece						
Leave a place	Short story about an event		Primate					cream or grapes				
			Alcoholic appetiser					Jacket part				
						Emitted light						
						Arid						
Precious stone		Short light oar						Venomous snake				
								Formerly				
						Holiday destination						
						Lair				Acquired		
Respect highly		Handle clumsily		Colourant				Strangely		Adjust	Stephen Graham prison drama	
						Of the voice						
						Viewing organ					Unit of length	Dull pain
Cereal grain				Required						Repast		
Needle-cases										Estimating		
						Games, Harrison Ford film		Ambassador's residence		Government office		
Pixie				Remove the skin from fruit					Place in a particular position		Reflexive pronoun	Perceives
				Counter-foil		Enigmas						
								Endearingly pretty	Oliver late actor	Fixed or arranged in advance		Leave out
Piece of absorbent paper				Land measures							Male child	
									Articles			
Remained				Grimly serious or strict							Falsehood	
									Presents			



Su-doku corner

EASY SU-DOKU

	2			9	8	3		
8	6	4			2			
	9			5		2		1
			5		7		1	3
3		8				5		4
9	1		3		6			
2		6		7			9	
			9			6	3	8
		9	8	6			2	

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

Solutions in tomorrow's Daily Mirror

SU-DOKU TOUGHIE

9						2		1
			1		2			
		8			4			7
	7			6		3	2	
			5		8			
	4	3		1			6	
2			8			9		
			7		6			
3		7						6

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

Solutions in tomorrow's Daily Mirror

KILLER SU-DOKU

11	8	5	17		8		13	
			12		11	12		
17		7				9	7	
8		14		14			19	
25					12	13	11	
10	5		6					
		14		13	9		17	
11		7				13		11
8		17		11				

Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner.

Solutions in tomorrow's Daily Mirror

FUTOSHIKI

		>		>		
		^				^
	<				>	
				^		^
2		>				

Insert the numbers one to five in each row and each column, making sure that no number is repeated. The only symbols to guide you are the "greater than" (>) and "less than" (<) signs.

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear SU-DOKU 5 NUMBER CLUES or FULL SOLUTIONS to the easy and toughie su-dokus. Or text EASYCLUE or TOUGHCLUE to 61011 (£1/text) for 5 CLUES.

Word Ladder

	TYPE	
Publicity		
Wish		
Manage		
Cloak		
Instance		
	CAST	

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time.

Solutions in tomorrow's Daily Mirror

Brickwork

1			
2			
3			
4			
5			
6			
7			

Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

- 1 Managed
- 2 Close by
- 3 Entrap
- 4 Long-legged birds
- 5 Frighten
- 6 Speed competition
- 7 Expert

Solutions in tomorrow's Daily Mirror

Bingo

Thu Sep 22 2022  
Game 36 Day 4

5	89	81
13	34	35
88	58	86
14	15	

HERE are the numbers for Day 4 of Game 36 on your Bingo card.

TO WIN a full house £250 prize, all 15 numbers on the Game 36 grid must be correctly crossed off with the Daily Mirror numbers. If you're still short by Saturday, buy the Sunday Mirror and the Sunday People for more numbers and the chance to win a £100 prize.

TO CLAIM Call 01420 525501 (Rol 01 868 8620) from 10am to 3pm on Mondays only. If you get a full house on any other day, you will need to phone and make your claim on the following Monday. No responsibility accepted for failure to call within stated hours. Standard Reach PLC rules apply, see www.mirror.co.uk/2022bingorules

Wordsearch

Can you find all the listed famous Johns in the grid?  
Solutions in tomorrow's Daily Mirror

W	L	H	J	M	U	D	Y	F	N	Q	T	W	B	C
R	G	E	S	D	O	U	R	B	O	A	A	I	D	L
C	U	I	E	Q	B	I	R	L	W	H	S	E	G	E
N	B	U	O	P	E	L	E	K	T	H	N	F	D	E
O	G	W	P	D	H	A	T	L	O	V	A	R	T	S
J	I	D	A	D	U	S	D	P	E	M	G	U	E	E
M	Q	N	K	F	I	M	K	R	D	O	A	L	I	R
B	J	E	A	Q	F	K	F	W	O	J	T	U	J	G
R	D	G	O	X	Z	U	E	D	M	T	T	C	L	E
K	Y	E	X	F	V	R	M	R	E	A	X	C	P	C
H	M	L	W	O	A	A	I	N	B	G	P	J	F	P
R	A	V	A	W	N	J	U	Z	J	I	Y	X	O	N
Y	J	M	Y	L	Z	B	V	P	B	E	H	U	R	T
P	O	A	N	E	N	A	M	W	O	R	R	A	B	G
U	R	X	E	S	H	A	N	N	A	H	Q	A	J	W

- BARROWMAN
- BISHOP
- CLEESE
- DENVER
- FOWLES
- FRIEDA
- GOODMAN
- HANNAH
- HURT
- LEGEND
- MAJOR
- NETTLES
- PEEL
- TERRY
- THAW
- TRAVOLTA
- UPDIKE
- WAYNE

YESTERDAY'S SOLUTIONS

QUIZWORD

ACROSS: 3 Flageolet, 8 Iron, 9 The Three, 10 Clerks, 13 Pecan, 14 Married, 15 Gog, 16 Getting, 17 Grace, 21 Aikido, 22 Mulhacen, 23 Vert, 24 Metalious.  
DOWN: 1 Disco Pigs, 2 Honeycote, 4 Lutsk, 5 Greylag, 6 Oche, 7 Eder, 11 Gina Riley, 12 Edgeworth, 14 Mog, 15 Gnocchi, 18 Bantu, 19 Duke, 20 Rhea.

CROSSWORD

ACROSS: 3 Polo shirt, 8 Lane, 9 Totality, 10 Twelve, 13 Uncle, 14 Balloon, 15 Fun, 16 Bramley, 17 Clean, 21 Rustic, 22 Breather, 23 Toss, 24 Itinerary.  
DOWN: 1 All thumbs, 2 Undercoat, 4 Often, 5 Ottoman, 6 Help, 7 Rots, 11 Dog eat dog, 12 In any case, 14 Buy, 15 Feather, 18 Error, 19 Grit, 20 Tarn.

TWO-SPEED COFFEEBREAK

ACROSS: 1 Flee, 4 Gold, 6 Save, 8 Arid, 11 Gall, 13 Recital, 14 Ice, 16 Sitar, 18 Mural, 21 Dared, 22 Sonar, 24 Hem, 25 Solicit, 28 Prey, 30 Late, 31 Oral, 32 Drab, 33 West.  
DOWN: 1 Fear, 2 Epic, 3 Sagas, 4 Gel, 5 Dame, 7 Valid, 9 Refuse, 10 Divan, 12 Liar, 15 Credit, 17 Tamil, 19 Romp, 20 Laser, 23 Royal, 24 Hold, 26 Care, 27 Tent, 29 Rob.

TUESDAY'S SPEEDBREAKER

1=F, 2=I, 3=S, 4=G, 5=U, 6=K, 7=R, 8=Y, 9=E, 10=B, 11=M, 12=N, 13=X, 14=H, 15=A, 16=D, 17=C, 18=Z, 19=L, 20=W, 21=O, 22=P, 23=Q, 24=J, 25=T, 26=V.

ARROW WORD

F	O	O	K	B	B	
F	E	N	D	E	R	A
A	I	D	O	Y	E	N
B	R	O	N	Z	E	B
	L		R	I	M	N
M	A	D	N	E	S	R
X	O		S	O	U	A
Z	E	B	R	A	U	S
	E	T	R	E	M	E
D	E	G	R	E	E	U
A	S	H		C	O	M
R	E	T	O	N	A	P
F	L	E	A		M	E
				M	I	R
				L	E	A
				N	F	I
				I	D	L
				E	R	U
				O	D	D

In the Daily Mirror every Saturday there's **£1000** to be won in our Big Name prize crossword

EASY SU-DOKU

6	3	1	5	9	2	7	4	8
7	5	9	8	4	1	2	6	3
2	4	8	7	3	6	1	5	9
4	2	5	9	1	8	3	7	6
3	9	7	4	6	5	8	1	2
1	8	6	3	2	7	4	9	5
5	1	4	6	8	3	9	2	7
8	6	2	1	7	9	5	3	4
9	7	3	2	5	4	6	8	1

SU-DOKU TOUGHIE

9	3	7	8	5	4	6	2	1
2	4	1	7	6	3	9	5	8
6	8	5	9	2	1	7	4	3
3	9	8	2	4	7	1	6	5
7	1	2	5	9	6	8	3	4
4	5	6	1	3	8	2	9	7
1	6	3	4	7	9	5	8	2
5	7	9	3	8	2	4	1	6
8	2	4	6	1	5	3	7	9

KILLER SU-DOKU

8	6	9	2	3	5	7	4	1
2	1	3	9	7	4	8	5	6
5	4	7	1	8	6	9	2	3
1	7	6	5	4	3	2	9	8
9	5	4	8	6	2	1	3	7
3	8	2	7	1	9	5	6	4
6	2	8	4	9	7	3	1	5
7	3	5	6	2	1	4	8	9
4	9	1	3	5	8	6	7	2

FUTOSHIKI

2	3	<	5		4	1
3	1	4	>	2	5	
1	4	2	5	>	3	
5	2	1	3	4		
4	5	3	1	<	2	

MIRRORGRAM SUFFERANCE

30-SEC BRAIN TEASER

Beginner 33;  
Intermediate 171;  
Advanced 356.

JUST A BIT OF FUN

1 Ringing

BRICKWORK

Loo, Solo, Fools, Floods, Folds, Sold, Old.

WORD LADDER

Hold, Hole, Mole, Male, Malt, Mast, Fast.

WORDSEARCH

E	T	U	N	I	M	R	S	O	G	R	T	O
X	L	O	L	G	L	V	H	N	E	I	F	H
F	N	M	A	D	G	R	S	I	T	O	C	M
L	O	E	W	G	A	N	H	T	H	O	Y	
L	U	E	F	O	E	A	R	Z	L	T	R	N
F	R	S	M	O	O	A	T	E	N	N	O	D
E	I	Y	E	R	A	N	J	N	Z	O	I	X
V	I	R	E	K	O	N	I	S	H	M	N	Z
N	H	S	I	F	A	T	B	O	O	U	G	D
F	U	S	Y	V	G	N	O	S	N	L	V	
O	E	C	H	K	V	X	Z	M	A	D	S	N
U	T	R	C	M	W	E	H	G	B	E	E	V
H	H	N	O	N	R	E	T	F	A	S	E	P
Z	Y	W	K	O	C	A	L	E	N	D	A	I
B	D	B	K	G	F	O	T	O	G	W	Z	X

NAME GAME

PHILIP ROTH  
11, 2H, 3H, 4R, 5P, 6L, 7O, 8I, 9P, 10T.

# RUSSELL GRANT

mirror.co.uk/horoscopes



## Aries March 21-April 20

You sensed how some areas of your life were likely to pan out and that's exactly why it will not be an inconvenience having to put yourself out for others. You knew they would need you today and you're fully prepared to put their needs in front of your own. They will be grateful.

For more call **0905 789 4171** (80p/min + network access charge)

## Taurus April 21 - May 21

If you aren't happy with someone's recent behaviour, this needs to be discussed. Looking back you might accept you have not been as loving or as considerate as you could have been and a youngster's rebellious ways will recede as they receive more attention.

For more call **0905 789 4172** (80p/min + network access charge)

## Gemini May 22 - June 21

Be prepared to stand a while and gossip with a friend or neighbour. They will share a piece of information that you will find most useful. Circulate among your friends and workmates. Anything you are working on that is important to you will produce satisfactory results.

For more call **0905 789 4173** (80p/min + network access charge)

## Cancer June 22 - July 23

Certain people are banking on your support at a group gathering or community event. Even if you aren't keen on this right now, the time has come, so you need to show your face and show some respect for the time and effort it has taken by others to get this underway.

For more call **0905 789 4174** (80p/min + network access charge)

## Leo July 24 - August 23

You miss someone who used to be always there for you during emotional times. Close your eyes and imagine what advice they would be giving you right now. A group effort would have been more successful had someone put more thought and care into all of the planning.

For more call **0905 789 4175** (80p/min + network access charge)

## Virgo Aug 24 - Sept 23

A new job offer or the opportunity of a promotion might be unexpected but it is worth considering. You may not be looking to make any changes and you won't feel prepared for all the implications but this could be a chance to make a respected name for yourself in your field.

For more call **0905 789 4176** (80p/min + network access charge)

## Libra Sept 24-Oct 23

You will concentrate best and get even better results by sticking to the background. Besides, this is the place where you would rather be when you are unlikely to feel comfortable in a crowd. Be careful about what is being said when discussing someone else's business.

For more call **0905 789 4177** (80p/min + network access charge)

## Scorpio Oct 24 - Nov 23

You might just happen to find yourself in a position to grab an opportunity that could make quite a difference to your future. This is a chance you will take without any hesitation. Are you footloose and fancy free? A get-together this evening will change all that.

For more call **0905 789 4178** (80p/min + network access charge)

## Sagittarius Nov 23 - Dec 21

A need to explore, expand and experience something new that began earlier in the year seems even more apparent now. Embarking on a spiritual journey will improve your mental, emotional and physical well-being. Make time in your life to commune with nature.

For more call **0905 789 4179** (80p/min + network access charge)

## Capricorn Dec 22 - Jan 20

Someone in a senior position is starting to see you through new eyes. It has taken a long time to get your talents noticed. Now you are making progress, continue to showcase your creativity. At last you are seeing the rewards from developing your own style.

For more call **0905 789 4180** (80p/min + network access charge)

## Aquarius Jan 21 - Feb 19

The formal atmosphere of what was supposed to be a casual meeting takes you by surprise. New arrangements will mean more work for you. Have you been told everything you need to know? Is everyone telling the truth? Spend some quiet time this evening, contemplating on your day.

For more call **0905 789 4181** (80p/min + network access charge)

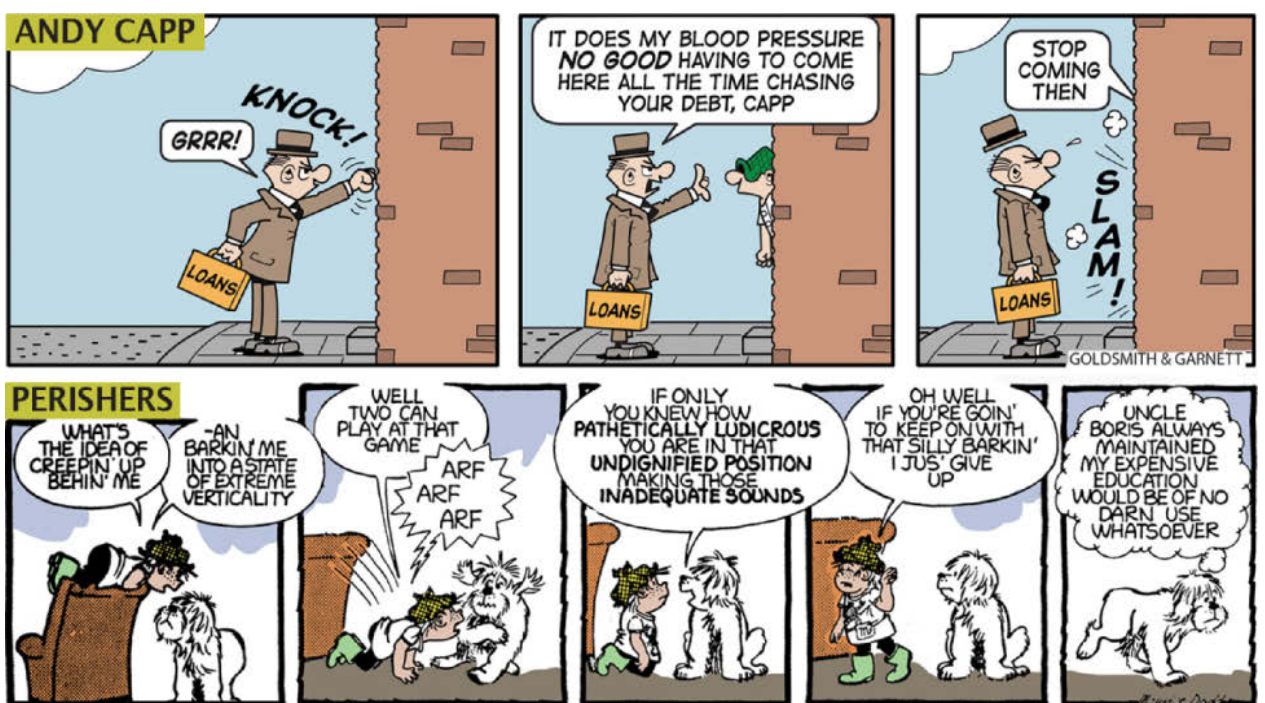
## Pisces Feb 20 - Mar 20

You will be glad when the pace slows right down and demands on your time and energy are greatly reduced. A relationship is starting to unsettle you when it is not going as you hoped. What hurts you the most is when you get accused of something you didn't do.

For more call **0905 789 4182** (80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

# CARTOONS



## Slow cooker dinners BBC Good Food daily recipe to collect

### Slow-cooked pork, cider & sage hotpot

Warm up as the cold nights set in with this glorious hotpot, with slow-cooked pork cooked in cider and sage. It's topped with a crispy layer of potatoes

4 tbsp olive oil, plus a little extra  
1kg diced pork shoulder  
20g butter, cubed, plus a little extra  
4 leeks, trimmed and thickly sliced  
4 garlic cloves, crushed  
3 tbsp plain flour  
500ml dry cider  
400ml chicken stock  
2 bay leaves  
½ small bunch parsley, finely chopped  
small bunch sage, leaves picked, 5 left whole, the rest chopped  
200ml single cream  
400g maris piper or King Edward potatoes  
400g sweet potatoes

PREP: 40 MINS  
COOK: 3 HRS  
SERVES 6

- Heat half of the oil in a deep ovenproof frying pan, or flameproof casserole dish, and fry the pork pieces over a medium high heat in batches until seared all over, then transfer to a plate. Add another 1 tbsp oil to the pan, if you need to, while you're cooking the batches. Once done, set the pork aside.
- Add another 1 tbsp oil to the pan with a little butter and fry half the leeks with a pinch of salt for 10 mins until tender. Add the garlic, fry for a minute, then stir in the flour.
- Pour in the cider, a little at a time, stirring to pick up any bits stuck to the bottom of the pan and to combine everything. Add the stock, bay leaves and seared pork, then simmer, half-covered with a lid for 1-1½ hrs until the meat is just tender (it will later cook to the point of falling apart in the oven). Can be

prepared a day ahead.

- Heat the oven to 200C/180C fan/gas 6. Simmer uncovered for a few minutes to reduce the sauce, if you need to - it shouldn't be too liquid or the potatoes will sink into the sauce. Stir in the parsley, chopped sage, remaining leeks, and the cream, then season well.
- Peel both types of potatoes and cut into slices 2mm thick, by hand or using a mandoline. Alternate layers of potato and sweet potato in circles over the pie, or randomly, if you prefer. Dot the cubed butter over the top and bake for 1-1½ hrs until the potato is tender. Nestle in the whole sage leaves, brushed in a little oil, for the last 10 mins. Leave to rest for 10 mins before serving.

Subscribe to BBC Good Food magazine and get your first three issues for only £5! You'll receive monthly copies of the UK's no.1 food magazine with more than 70 beautifully photographed recipes in every issue, giving you everything from easy weekday dinners to showstopping surprises for the weekend. Visit [buysubscriptions.com/GFMIR21](https://buysubscriptions.com/GFMIR21)

TOMORROW'S RECIPE: SLOW COOKER CHICKEN TIKKA MASALA



## MirrorOFFERS



### SOUP CHEF PRO HOME-MADE SOUP IN MINUTES!

- 8 Functions - Smooth, Smooth+, Sauté, Keep Warm, Chunky, Auto-Clean, Memory & Delay Timer.
- Perfect for families & Meal Prep - The large 1.6L capacity Soup Chef cooks up to 5 bowls of soup in minutes!
- 12 Hour Delay Timer: your soup is ready when you are. Simply set your timer and Soup Chef Pro will start making your nutritious soup at a time that suits you.

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